

**NEW WESTMINSTER SCHOOL DISTRICT #40**

# **Continuing Education**

**FALL  
2011**



**Registration starts Tuesday, September 6th 2011**

**Call 604-517-6345 or**

**Register Online: [www.ce40.ca](http://www.ce40.ca)**

# ACADEMIC OPTIONS FOR ADULTS

## - Register in Person Only -

Please bring proof of Canadian and B.C. Residency and current Transcript.

- *Upgrade your English skills (Adult Foundations)*
- *Complete your grade 12*
- *Prepare yourself for post-secondary training*

### **Pearson**

#### **Adult Learning Centre**

835 8<sup>th</sup> Street  
New Westminster, BC  
New Westminster Secondary  
Portable Complex on 10<sup>th</sup> Avenue  
Phone: 604-517-6286  
Fax: 604-517-6294

#### **Continuous Weekly Fall Registration**

**Register every Thursday**  
1:00 p.m. *or* 7:00 p.m.



#### **Fall Hours 2011**

Monday to Thursday  
8:30 a.m. *to* 9:30 p.m.  
Friday  
8:30 a.m. *to* 4:00 p.m.

#### **Fall Registration**

Wednesday September 7<sup>th</sup>  
*and*  
Thursday September 8<sup>th</sup>  
**starting at**  
9:30 a.m., 1:00 p.m., 4:00 p.m.  
*or* 7:00 p.m.

**Portable Complex – Room 2  
on 10<sup>th</sup> Avenue**

Visit our website or phone  
**604-517-6286**

Check us out!  
<http://www.palc.net>

### **Columbia Square**

#### **Adult Learning Centre**

1001 Columbia Street  
New Westminster, BC  
Phone: 604-517-6191  
Fax: 604-517-6169

#### **Continuous Fall Registration at Columbia Square**

**Register every Wednesday**  
1:00 p.m. *or* 7:00 p.m.



#### **Fall Hours 2011**

Monday to Thursday  
10:00 a.m. *to* 9:00 p.m.  
Friday  
10:00 a.m. *to* 3:00 p.m.

#### **Fall Orientation Sessions 9:00 am, 1:00 pm or 7:00 pm**

Wednesday September 7<sup>th</sup>  
Thursday September 8<sup>th</sup>  
Friday, September 9<sup>th</sup> (9:00 & 1:00 only)  
Monday, September 12<sup>th</sup>  
Tuesday, September 13<sup>th</sup>  
Wednesday, September 14<sup>th</sup>

For the most up-to-date information on:

- ◆ classroom and online courses
- ◆ hours of operation

Visit our website or phone  
**604-517-6191**

Check us out!  
<http://www.virtualschoolbc.com>



**All courses tuition - FREE - for B.C. residents.**

# ENGLISH AS A SECOND LANGUAGE

## ESL ALL LEVELS Registration / Assessment

Assessments are designed to enroll students at the correct level of language ability.

**All new students must have an assessment.** Teachers will help students choose the appropriate class.

Students have a choice of two locations to study at: NWSS Pearson ALC or Columbia Square ALC.

Please register in person and bring proof of Canadian and BC Residency.

Registration fee \$10 per person. **FREE Tuition**

**Pearson Adult Learning Centre**  
835 8<sup>th</sup> Street, New Westminster, BC  
Portable Complex on 10<sup>th</sup> Avenue Room #2  
604-517-6286

### Assessments are held

**Wed. Sept. 7<sup>th</sup> or Thurs. Sept. 8<sup>th</sup>**  
9:30 am, 1:00 pm, 4:00 pm or 7:00 pm

**or Register every Thursday at**  
1:00 pm or 7:00 pm

**Columbia Square Adult Learning Centre**  
1001 Columbia Street New Westminster, BC  
604-517-6191

### Assessments are held

**Wed. Sept. 8<sup>th</sup>, Thurs. Sept. 9<sup>th</sup>,  
Mon. Sept. 12<sup>th</sup>, Tues. Sept. 13<sup>th</sup>, Wed. Sept 14**  
9:00 am, 1:00 pm, or 7:00 pm

**Friday Sept. 9<sup>th</sup>, 9:00 am or 1:00 pm**  
**Starting Sept. 21, every Wed at 1:00 pm or 7:00 pm**

## ESL Beginner Classes Foundations 1-2

These classes are for beginners who speak little English. The focus is on listening, speaking, reading and writing. Learn to speak English more clearly and confidently with correct pronunciation.

### Course #PE22-2 Afternoon classes: Mon, Wed, Friday

Date: Monday September 12<sup>th</sup> to January 20<sup>th</sup> 2012  
Class time: 12:00 Noon – 2:30 pm Pearson ALC NWSS

### Course #PE23-2 Late Afternoon classes: Monday-Thursday

Date: Monday September 12<sup>th</sup> to January 19<sup>th</sup> 2012  
Class time: 4:00 – 6:30 pm Pearson ALC NWSS

## ESL Intermediate Classes Foundations 3-4

These classes are for intermediate speakers. The focus is on conversation, grammar, reading and writing. Practice new conversation skills with your teacher and classmates.

### Course #PE41-2 Morning classes: Monday – Friday

Date: Monday September 12<sup>th</sup> to January 20<sup>th</sup> 2012  
Class time: 9:00 am – 11:30 am Pearson ALC NWSS

### Course #PE44-2 Evening classes: Monday - Thursday

Date: Tuesday Sept. 13<sup>th</sup> 2011 to January 19<sup>th</sup>, 2012  
Class time: 6:30 – 9:00 pm Pearson ALC NWSS

## ESL Advanced Classes Foundations 5/6/7

Students may study all week long. These classes are for advanced speakers. The focus is on conversation, grammar, reading and writing.

### Course #PE51-2 Morning classes: Monday - Friday

Date: Monday Sept. 12<sup>th</sup> 2011 to January 20<sup>th</sup> 2012  
Class time: 9:00 am – 11:30 am Pearson ALC NWSS

### Course #PE52-2 Afternoon classes: Monday-Friday

Date: Monday Sept. 12<sup>th</sup> 2011 to January 20<sup>th</sup> 2012  
Class time: 12:00 Noon – 2:30 pm Pearson ALC NWSS

### Course #PE54-2 Evening classes: Mon to Thurs

Date: Monday Sept. 12<sup>th</sup> 2011 to January 19<sup>th</sup> 2012  
Class time: 6:30 pm – 9:00 pm Pearson ALC NWSS

## ESL Beginner Classes Foundations 1-2

These classes are for beginners who speak little English. The focus is on listening, speaking, reading and writing. Learn to speak English more clearly and confidently with correct pronunciation.

### Course #CE11-2 Morning classes: Monday - Friday

Date: Sept 14 to Nov 10; Nov 14 to Jan 27, 2012  
Class time: 9:00 am – 11:30 am Columbia Square ALC

### Course #CE14-2 Evening classes: Monday - Thursday

Date: Sept 14 to Nov 10; Nov 14 to Jan 27, 2012  
Class time: 6:00 pm – 9:00 pm Columbia Square ALC

## ESL Intermediate Classes Foundations 3-4

These classes are for intermediate speakers. The focus is on conversation, grammar, reading and writing. Practice new conversation skills with your teacher and classmates.

### Course #CE32-2 Afternoon classes: Monday - Friday

Date: Sept 14 to Nov 10; Nov 14 to Jan 27, 2012  
Class time: 12:00 pm – 2:30 pm Columbia Square ALC

### Course #CE34-2 Evening classes: Monday - Thursday

Date: Sept 14 to Nov 10; Nov 14 to Jan 27, 2012  
Class time: 6:00 pm – 9:00 pm Columbia Square ALC

## ESL Advanced Classes Foundations 5/6/7

Students may study all week long. These classes are for advanced speakers. The focus is on conversation, grammar, reading and writing. Practice new conversation skills with your teacher and classmates.

### Course #CE51-2 Morning classes: Monday - Friday

Date: Sept 14 to Nov 10; Nov 14 to Jan 27, 2012  
Class time: 9:00 am – 11:30 am Columbia Square ALC

### Course #CE54-2 Evening classes: Monday - Thursday

Date: Sept 14 to Nov 10; Nov 14 to Jan 27, 2012  
Class time: 6:00 pm – 9:00 pm Columbia Square ALC

**Please call 604-517-6286  
for more information.**



# ACADEMIC CREDIT COURSES

➔ For Information / Registration call 604-517-6286 or online [www.ce40.ca](http://www.ce40.ca)

All students will be assessed on the first class & assigned to an appropriate class if necessary.

COURSE NAME	COURSE#	DAYS	TIME	DATES 11/12	LOCATIONS
<b>Accounting 11</b>	C01S-1	Mon to Fri	9:00 AM – 9:00 PM	Continuous Intake	ALC Columbia Square Self-paced
	P01S-1	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC - NWSS
	P012-2	Tues & Thurs	12:00 - 2:30 PM	Sep 13 – Jan 19	Pearson ALC - NWSS
<b>Accounting 12</b>	P02S-1	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC - NWSS
<b>Biology 11</b>	D07V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
	P07S-1	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC - NWSS
<b>Biology 12</b>	BC14-2	Mon & Wed	6:30 - 9:30 PM	Sep 14 – Jan 18	New West Secondary
	BC12-2	Tues & Thurs	6:30 - 9:15 PM	Sep 15 – Jan 19	New West Secondary
	P081-2	Mon & Wed	9:00 AM -11:30 AM	Sep 12 – Jan 18	Pearson ALC - NWSS
	D08V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
	P08S-1	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC - NWSS
<b>Business Computer Applications 11</b>	C103-2	Mon/Tue/Thurs	2:45 - 4:30 PM	Sep 15 – Jan 26	ALC Columbia Square
	C10S-1	Mon to Fri	9:00 AM – 9:00 PM	Continuous Intake	ALC Columbia Square Self-paced
<b>Calculus 12</b>	P12S-1	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC - NWSS
<b>Chemistry 11</b>	BC21-2	Tues & Thurs	6:30 - 9:00 PM	Sep 15 – Jan 19	New West Secondary
	D15V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
	P15S-1	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC - NWSS
	P153-2	Tues & Thurs	4:00 – 6:30 PM	Sep 13 – Jan 19	Pearson ALC - NWSS
<b>Chemistry 12</b>	BC22-2	Mon & Wed	6:30 - 9:30 PM	Sep 14 – Jan 18	New West Secondary
	D16V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
	P16S-1	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC - NWSS
<b>Civics 11</b>	P902-2	Mon & Wed	12:00 - 2:30 PM	Sep 12 – Jan 18	Pearson ALC - NWSS
	P904-2	Tues & Thurs	6:30 – 9:00 PM	Sept 13 – Jan 19	Pearson ALC - NWSS
	C902-2	Mon & Wed	12:00 - 2:30 PM	Sep 14 – Jan 25	ALC Columbia Square
<b>Communications 11</b>	BC01-2	Tue & Thurs	6:30 - 9:00 PM	Sep 15 – Jan 19	New West Secondary
<b>Communications 12</b>	BC02-2	Mon & Wed	6:30 - 9:30 PM	Sep 14 – Jan 18	New West Secondary
	C221-2	Mon/Wed/Fri	9:30 AM -12:00	Sep 19 – Jan 20	ALC Columbia Square
	C222-2	Tue/Thurs/Fri	12:30 – 3:00 PM	Sep 20 – Jan 20	ALC Columbia Square
	P221-2	Tues & Thurs	9:00 AM -11:30 AM	Sep 13 – Jan 19	Pearson ALC - NWSS
	P224-2	Mon & Wed	6:30 - 9:00 PM	Sep 12 – Jan 18	Pearson ALC - NWSS
	D22V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
	P22S-1	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC - NWSS
<b>Data Management 12</b>	C253-2	Mon/Tues/Thurs	2:45 – 4:30 PM	Sep 14– Jan 26	ALC Columbia Square
	C25S-1	Mon to Fri	9:00 AM – 9:00 PM	Continuous Intake	ALC Columbia Square Self-paced
	P252-2	Mon & Fri	12:00 - 2:30 PM	Sep 12 – Jan 20	Pearson ALC - NWSS
<b>Drama 12 (FILM/TELEVISION)</b>	C492-2	Tues & Thurs	12:00 - 2:45 PM	Sep 15 – Jan 26	ALC Columbia Square
	P493-2	Thursdays	2:30 – 5:00 PM	Sep 15 – June 14	Pearson ALC - NWSS
<b>English/Math/ Social Studies Science Upgrading (for adults 19+)</b>	P11	Mon to Fri	9:00 AM -11:30 AM	Sep 12 – Jan 20	Pearson ALC - NWSS
	P11	Mon to Fri	12:00 - 2:30 PM	Sep 12 – Jan 20	Pearson ALC - NWSS
	P11	Mon to Thurs	6:30 - 9:00 PM	Sep 12 – Jan 19	Pearson ALC - NWSS
	CE1-7	Mon to Friday	9:00 - 11:30 AM	Sep 14 – Jan 27	ALC Columbia Square
	CE1-7	Mon to Friday	12:00 - 2:30 PM	Sep 14 – Jan 27	ALC Columbia Square
	CE1-7	Mon to Thurs	6:30 - 9:00 PM	Sep 14 – Jan 26	ALC Columbia Square
<b>English 10</b>	D35V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
	P35S-1	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC - NWSS
	P351-2	Tue & Thurs	9:00 - 11:30 AM	Sep 13 – Jan 19	Pearson ALC - NWSS
	P354-2	Mon & Wed	6:30 - 9:00 PM	Sep 12 – Jan 18	Pearson ALC - NWSS
<b>English 11</b>	BC44-2	Mon & Wed	6:30 - 9:15 PM	Sep 14 – Jan 18	New West Secondary
	BC41-2	Tues & Thurs	6:30 - 9:00 PM	Sep 15 – Jan 19	New West Secondary
	P372-2	Wed & Fri	12:00 - 2:30 PM	Sep 14 – Jan 20	Pearson ALC - NWSS
	D37V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
<b>English 12</b>	BC47-2	Mon & Wed	6:30 - 9:30 PM	Sep 14 – Jan 18	New West Secondary
	BC42-2	Tues & Thurs	6:30 - 9:15 PM	Sep 15 – Jan 19	New West Secondary
	BC45-2	Mon & Wed	6:30 - 9:30 PM	Sep 14 – Jan 18	New West Secondary
	P391-2	Wed & Fri	9:00 AM -11:30 AM	Sep 14 – Jan 20	Pearson ALC - NWSS
	P39S-1	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC - NWSS
	D39V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual
	C391-2	Mon/Wed/Fri	9:00 AM -11:30 AM	Sep 19– Jan 20	ALC Columbia Square
<b>Family Studies 12</b>	P43S-1	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Pearson ALC - NWSS
	P433-2	Tues & Thurs	4:00 – 6:30 PM	Sept 13 – Jan 19	Pearson ALC - NWSS
	D43V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square Virtual



# ACADEMIC CLASSROOM CREDIT COURSES

<b>First Nations Studies 12</b>	D40V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square	Virtual
<b>History 12</b>	D51V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square	Virtual
<b>Info Tech 10</b>	D13V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square	Virtual
<b>Law 12</b>	D54V-1 P54S-1	Available Mon to Fri	24/7 Online 8:30 AM – 9:30 PM	Continuous Intake Continuous Intake	ALC Columbia Square Pearson ALC - NWSS	Virtual
<b>Math 10</b> Foundations and Pre-Calculus Math 10	D62V-1 P62S-1 PM82-2	Available Mon to Fri Tue & Thurs	24/7 Online 8:30 AM – 9:30 PM 12:00 - 2:30 PM	Continuous Intake Continuous Intake Sep 13 – Jan 19	ALC Columbia Square Pearson ALC - NWSS Pearson ALC - NWSS	Virtual
<b>Math 10</b> Apprenticeship & Workplace Math 10	D61V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square	Virtual
<b>Math 11</b> Apprenticeship & Workplace Math 11	P65S-1 D65V-1	Mon to Fri Available	8:30 AM – 8:30 M 24/7 Online	Continuous Intake Continuous Intake	Pearson ALC - NWSS ALC Columbia Square	Virtual
<b>Math 11 (Pre-Calculus)</b> Graphing calculator required for Math 10, Math 11, Math 12 Principles	BC51-2 BC55-2 C662-2 D66V-1 P66S-1 P663-2	Mon & Wed Tues & Thurs Tues & Thurs Available Mon to Fri Mon & Wed	6:30 - 9:15 PM 6:30 - 9:00 PM 12:30 - 3:00 PM 24/7 Online 8:30 AM – 9:30 PM 2:30 - 5:00 PM	Sep 14 – Jan 18 Sep 15 – Jan 19 Sep 15 – Jan 26 Continuous Intake Continuous Intake Sep 12 – Jan 18	New West Secondary New West Secondary Columbia Square Columbia Square Pearson ALC - NWSS Pearson ALC - NWSS	Virtual
<b>Math 12 (Principles)</b> Graphing calculator required	BC52-2 BC56-2 D70V-1 P70S-1	Mon & Wed Tues & Thurs Available Mon to Fri	6:30 - 9:30 PM 6:30 - 9:15 PM 24/7 Online 8:30 AM – 9:30 PM	Sep 14 – Jan 18 Sep 15 – Jan 19 Continuous Intake Continuous Intake	New West Secondary New West Secondary ALC Columbia Square Pearson ALC - NWSS	Virtual
<b>Physics 11</b>	BC31-2 D80V-1 P80S-1	Tues & Thurs Available Mon to Fri	6:30 - 9:00 PM 24/7 Online 8:30 AM – 9:30 PM	Sep 15 – Jan 19 Continuous Intake Continuous Intake	New West Secondary ALC Columbia Square Pearson ALC - NWSS	Virtual
<b>Physics 12</b>	BC32-2 D81V-1	Mon & Wed Available	6:30 - 9:30 PM 24/7 Online	Sep 14 – Jan 18 Continuous Intake	New West Secondary ALC Columbia Square	Virtual
<b>Planning 10</b>	D03V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square	Virtual
<b>Science 10</b>	D88V-1 P882-2	Available Thurs & Fri	24/7 Online 12:00 - 2:30 PM	Continuous Intake Sep 15 – Jan 20	ALC Columbia Square Pearson ALC - NWSS	Virtual
<b>Science &amp; Technology 11</b>	D89V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square	Virtual
<b>Social Studies 10</b>	D74V-1	Available	24/7 Online	Continuous Intake	ALC Columbia Square	Virtual
<b>Social Studies 11</b>	D91V-1 P91S-1	Available Mon to Fri	24/7 Online 8:30 AM – 9:30 PM	Continuous Intake Continuous Intake	ALC Columbia Square Pearson ALC - NWSS	Virtual
<b>Writing 12</b>	C93S-1	Mon to Fri	9:00 AM – 9:00 PM	Continuous Intake	ALC Columbia Square	Self-paced

## REGISTRATION INFORMATION:

- To Register for BC courses please register in person or telephone 604-517-6286.  
New Westminster Secondary School 835 8<sup>th</sup> Street, New Westminster, B.C. V3M 3S9  
(Across from room 183) Monday to Friday 8:30 a.m. – 4:00 p.m.
- To Register for C and P courses please refer to page 2 Adult Learning Centres.
- To Register for D (virtual or on-line) courses please refer to page 6 for registration info.

## CREDIT COURSE REGISTRATION FEES & DEPOSITS:

Beginning September 6, 2011 please note NEW guidelines for registration fees & deposits. Changes to guidelines for registration fees & deposits WILL NOT be applied retroactively to fees or deposits collected before September 6, 2011.

- NO COURSE FEE for students who have graduated from high school.
- NO COURSE FEE for high school students with a permission slip.
- NO COURSE FEE for ADULT students working towards their graduation.
- Special fee structure for Visa students – please consult Academic Programs staff.
- Students must be born before July 1<sup>st</sup> 1995.
- Personal Education Number and transcript are required for registration.
- Written permission is required from your school counselor if you are a high school student.
- \$100 book deposit (*refundable within one year*).
- \$145 calculator deposit (*refundable within 6 months*).
- \$25 workbook purchase for Chemistry 11 & 12 (*non-refundable*).
- Registrations are official when book deposit/workbook purchase has been processed.
- Classes with insufficient enrollment will be cancelled.

## Registration Information

**604-517-6286**

**Register on our  
website**

**[www.ce40.ca](http://www.ce40.ca)**

**PAYMENT IN FULL  
is required to  
Register for courses.  
Pay by  
Cash,  
Interac,  
Visa or  
Mastercard only**

# VIRTUAL SCHOOL BC: ACCESS NEW WESTMINSTER

*Do you need a school that's open when you're ready to study?  
We're always open! Take high school credit courses on-line.*

## *Achieve your educational goals*

- ✓ Complete Grade 10,11 and 12 courses
- ✓ Upgrade your English, Math, Social Studies and Science
- ✓ Open to High School students and adults
- ✓ Finish High School.....Tuition FREE
- ✓ Student-paced or teacher-paced models

*Year Round!*

### GRADE 10

- ◆ ENGLISH 10
- ◆ INFORMATION TECHNOLOGY 10
- ◆ Apprenticeship & Workplace MATH 10
- ◆ Foundations & Pre-Calculus MATH 10
- ◆ PLANNING 10
- ◆ SCIENCE 10
- ◆ SOCIAL STUDIES 10

### GRADE 11

- ◆ BIOLOGY 11
- ◆ CHEMISTRY 11
- ◆ ENGLISH 11
- ◆ MATH 11
- ◆ Apprenticeship & Workplace MATH 11 Pre-Calculus
- ◆ PHYSICS 11
- ◆ SCIENCE & TECHNOLOGY 11
- ◆ SOCIAL STUDIES 11

### GRADE 12

- ◆ BIOLOGY 12
- ◆ CHEMISTRY 12
- ◆ COMMUNICATIONS 12
- ◆ ENGLISH 12
- ◆ FAMILY STUDIES 12
- ◆ FIRST NATIONS STUDIES 12
- ◆ HISTORY 12
- ◆ LAW 12
- ◆ MATH 12 PRINCIPLES
- ◆ PHYSICS 12

To find out more call us at 604-517-6191 or visit us online at:  
[www.virtualschoolbc.com](http://www.virtualschoolbc.com) for adults or [www.nwvss.ca](http://www.nwvss.ca) for students under 19

**All courses tuition – FREE for B.C. residents.**

## NEW WESTMINSTER SD#40 HOMELEARNERS' PROGRAM

*Looking to play an active, hands-on  
role in your child's education?*

- Ever thought of Home Schooling but not sure how?
- Why not investigate your options with the HomeLearners Program?
- Fully-funded, community-based Kindergarten through Grade 9 program.

### HomeLearner Campuses operate in:

**New Westminster** call: 604-517-5917  
314 Sixth Street, New Westminster BC V3L 3A6  
Check out our website: [www.sd40.bc.ca/nwhl](http://www.sd40.bc.ca/nwhl)

**Bowen Island** call: 604-947-0700  
RR1, L38, Bowen Island BC V0N 1G0  
Check out our website: [www.islanddiscovery.ca](http://www.islanddiscovery.ca)

*If the notion of home learning piques your  
interest, please call 604-517-5917  
or email [homelearners@sd40.bc.ca](mailto:homelearners@sd40.bc.ca)  
for more information.*

## THE EVOLUTION OF ACADEMIC NIGHT SCHOOL



*Are you looking for a way to  
finish high school?*

*Upgrade your marks to apply for  
post-secondary education?*

*Are you looking for a way to learn  
what you want, when you want?*

Why not enroll in newly-created hybrid academic night school courses with New Westminster School District? Hybrid means you get all the best elements of the new world of learning – Ministry of Education courses with the flexibility of working online **plus** weekly face-to-face instruction from a teacher. Sound intriguing? Call us now! 604-517-6191

**Courses are FREE to residents of British Columbia.**

<u>COURSE</u>	<u>DAY</u>	<u>TIME</u>	<u>DATES</u>
Math 12	Tuesday	6:30 – 9:00 pm	Sept. 20
English 12	Wednesday	6:30 – 9:00 pm	Sept. 14
Biology 12	Thursday	6:30 – 9:00 pm	Sept. 15

**Classes held at Columbia Square  
Adult Learning Centre**

**1001 Columbia Street, New Westminster  
For registration & information call 604-517-6191**

# MICROSOFT IT ACADEMY

Classes held at New Westminster Secondary School, 835 Eighth Street, New Westminster  
For more information or registration please call 604-517-6345

**New!**

New Westminster Continuing Education is excited to announce that we are now a member of the Microsoft IT Academy Program. New Westminster Continuing Education has joined the elite group of educational institutions in Canada, and become a Microsoft IT Academy member and a Microsoft Certified Exam provider.

New Westminster has become the place to upgrade computer skills and provide our learners with the opportunity to take part in official Microsoft courses and to achieve Microsoft certifications.

## WHAT IS MICROSOFT IT ACADEMY?

It's a subscription-based membership program designed to help schools offer students and faculty learning solutions for IT skills training and certification as well as technology essentials for professionals. Access to these resources can help students build a successful future with the skills that employers demand. Microsoft IT Academy curriculum will help you obtain the hands-on skills and practice that you need to succeed in your career. The New West IT Academy will offer classroom and E-Learning, both with hands-on labs and valuable Microsoft Certifications, which can increase your chances of getting the job you want in today's economy and the credentials you need to impress employers.

## MICROSOFT OFFICE SPECIALIST



A Microsoft Office Specialist (MOS) is globally recognized for demonstrating advanced business skills in using Microsoft Office 2010 and highly developed skills in other Microsoft desktop software. Microsoft certifications bring valuable, measurable rewards to students, IT professionals, their

managers, and the organizations that employ them. These certifications are designed to provide the recognition you need to help you excel in your career and provide employers with validation of your skills. For employers, the Microsoft Office Specialist certifications prove you have the skills to succeed.

## MICROSOFT OFFICE SPECIALIST EXAM CERTIFICATE

Exams and certification are now available through Continuing Education at our New Westminster Secondary School, 835 Eighth Street, New Westminster

To earn certification students must pass (MOS) exams in either Word 2010, Excel 2010, PowerPoint 2010.

The exams are given on the last night of each course.

(Word Levels 1 & 2 = one exam = certificate)

(Excel Levels 1 & 2 = one exam = certificate)

*Let our MOS 2010 Certification training course maximize your potential allowing you to accomplish more by becoming a Microsoft Office Specialist today!*

## MICROSOFT OFFICE SPECIALIST CERTIFICATE



(One exam after both levels completed)

(Exams are included in course fee)

Students may challenge the exams but must register separately and pay a fee.

**All Microsoft IT classes held at:**  
New Westminster Secondary School  
835 Eighth Street, New Westminster BC

### Course # MS10 WORD 2010 LEVEL 1

4 Tuesdays starting Sept 27

6:45 – 9:45 pm Room 257

Fee: \$250 Certified Exam Included

### Course # MS11 WORD 2010 LEVEL 2

4 Tuesdays starting Oct. 25

6:45 – 9:45 pm Room 257

Fee: \$250 Certified Exam Included

### Course # MS33 WORD 2010

Challenge Exam on Tues. Nov. 22

6:45 – 9:45 pm Room 257 Fee: \$70

### Course # MS12 EXCEL 2010 LEVEL 1

4 Thursdays starting Sept 29

6:45-9:45 pm Room 266

Fee: \$250 Certified Exam Included

### Course # MS13 EXCEL 2010 LEVEL 2

4 Thursdays starting Oct. 27

6:45-9:45 pm Room 266

Fee: \$250 Certified Exam Included

### Course # MS44 EXCEL 2010

Challenge Exam on Thurs. Nov. 24

6:45 – 9:45 pm Room 266 Fee: \$70

### Course # MS14 POWERPOINT 2010

4 Mondays starting Nov. 7

6:45 – 9:45 pm Room 266

Fee: \$250 Certified Exam Included

# INTRODUCTION TO ROBOTICS FOR AGES 7-12

## INTRODUCTION TO ROBOTICS **NEW!** (AGES 7-12)

This is an introduction to the fascinating world of robotics. Robotics is a popular and effective way for students to cover important educational concepts in a fun and engaging way by covering topics within science, technology, engineering and mathematics (STEM). This class is geared for students aged 7-12.

Parents are welcome to observe.

#LA78 1 Monday Oct. 3

7:00pm-9:00pm ROOM 149

ANDREW LAUMAN \$25

## ROBOTICS MECHANICAL 2.1 (AGES 7-12) **NEW!**

Robotics Mechanical 2.1 (WeDoMore 1): WeDoMORE is a Gateway's Robotics class designed to equip students 7 to 12+ on learning about solar cells, sensors, compression, motors, torque and gear ratios through LEGO® kits, Fisher Price, Erector and LEGO® technics. This class allows the user to modify and design their kits into moving remote control vehicles or build other fun and complex structures. Students will be taught how to modify their vehicles for applications that use powered motors using normal and alternative energy power sources such as solar & wind power generation. One of their builds will include a motor for locomotion and pneumatics that will be programmed via the WeDo™ computer interface. Parents are welcome to observe. There are no prerequisites for this class.

**Kit cost: \$150 payable to the instructor the first evening.**

#LA79 6 Mondays starting Oct. 17

7:00pm-9:00pm ROOM 149

ANDREW LAUMAN \$140

*Robotic classes held at New Westminster Secondary*



# ART

Art students please bring newspaper and wear old clothes or painting smock.

## DRAWING & SKETCHING: LEVEL 1

Drawing reduced to its basic elements of line and shape. Build on techniques from there and you too can learn to draw! Bring a pencil and standard white paper (8½x11) to your first class.

No class on October 10<sup>th</sup> & October 31<sup>st</sup>.

#AP35 5 Mondays starting Sept. 26

7:00pm-8:30pm

ROOM 172

SUE DYER

\$44

## PENCIL CRAYONS:

### A BEGINNER'S EXPERIENCE

A beginner's course, no experience necessary. Pencil crayons are a versatile medium one can work with anywhere and are excellent to introduce yourself to colour. They are very controllable and easy to carry around. Lessons include layering, hatching, impressed line, shading and form, colour and theory, burnishing, space, depth, composition, etc. Individual attention given. Bring HB pencil, eraser, ruler, set of pencil crayons (approx. 24), one sketch book for drawing (approx. 11"x14") and a supply of scrap paper.

No class Oct. 10<sup>th</sup>

#AP33 8 Mondays starting Sept. 26

7:00pm-9:00pm

ROOM 161

MIMI KEMBALL

\$102

## STENCILING & DECORATIVE

### PAINTING - BASIC

**NEW!**

Stenciling and decorative painting can be used to embellish or revive old furniture or liven up walls. Children's rooms can be creatively decorated with their favourite themes, living spaces with a feature wall for interest and elegance and many other spaces can be improved with visuals/patterns created by you! Acrylic wall paint & spray adhesive will be used as the primary mediums. Preparing your painting surface, selecting stencils/patterns for specific themes, and foundational tools, techniques and finishes will be covered. Students will leave with 5 sample boards to take home and test in their homes. All materials supplied. Students planning to paint small objects should bring them to class. Also, students with any specific paint colour (in original can) they plan to use/match in their homes should bring the paint to class. Please bring a bag lunch.

#AP78 1 Saturday Oct. 15

9:00am-3:30pm

ROOM 210

JAMES BURKE

\$69

## COLLAGE & IMAGE

### TRANSFER WORKSHOP **NEW!**

Explore the possibilities of acrylic gel medium with this collage and image transfer workshop using favourite photo based images and mixed media..

*Please request a required supply list when registering or view the supply list on our website. Please bring a bag lunch.*

AP21 1 Saturday Oct. 15

9:00am-3:30pm

Room 169

SHELLEY ROTHENBURGER

\$62

## INTRODUCTION TO ACRYLICS

Learn to paint an abstract with acrylics, exploring colour mixing, acrylic mediums and paint application techniques. You will soon grasp the potential of this exciting medium in the creation of an abstract painting. Materials needed: - 8 sheets heavy Bristol or Mayfair paper or primed paper pad or canvas pad 18"x24" - 2 or more 16"x20" or larger primed canvas boards or stretchers - Brushes: (synthetic) #6 round, #4 bright, #10 flat, 2" flat - Palette - Palette knife - Spray bottle - Rags - Water containers - Paint: Titanium White, Ultramarine Blue, Cadmium Red, Cadmium Yellow, Mars Black - Glazing medium, glossy or matte or both (small jar) - Gel medium, glossy or matte or both (small jar) - Modeling paste (small jar)

#AP14 8 Tuesdays starting Sept. 27

7:00pm-9:00pm

ROOM 210

SHELLEY ROTHENBURGER

\$128

## ACRYLICS: CONTINUATION

Continuance of An Introduction to Acrylics for my advanced students. Students will explore colour, composition and surface as they further develop their skills with this versatile medium.

#AP16 8 Thursdays starting Sept. 29

7:00pm-9:00pm

ROOM 210

SHELLEY ROTHENBURGER

\$128

## WATERCOLOUR WORKSHOP:

### CRASHING WAVES

**NEW!**

This workshop is a bit different from the "Beach Seascape" workshop (with waves), in that it will focus entirely on a large wave coming out of the fog. We will also add a few flying gulls and shore birds for a nice finishing touch. No prerequisites, and all supplies and photos to work from will be provided. Please bring a bag lunch.

#AP81 1 Saturday Oct. 15

9:00am-3:30pm

ROOM 209

FRANK TOWNSLEY

\$49

## WATERCOLOUR WORKSHOP:

### PEBBLES

**NEW!**

For those of you that have struggles painting rocks, you will find this workshop a welcome relief. Photos will be provided to assist you in painting pebbles on a sandy beach, in a log, or by water. This will be one of Frank's easier workshops, yet still rewarding. Supplies are included.



#AP83 2 Tuesdays starting Nov. 15

6:45pm-9:45pm

ROOM 209

FRANK TOWNSLEY

\$49

## WATERCOLOUR WORKSHOP:

### GRADATIONS

**NEW!**

This demo workshop is geared at learning how to do gradations as related to subjects such as creating skies, clouds, fog, mist and smoke. It also has applications to painting soft mounds of snow, or to show a bend in a leaf or petal. Creating soft gradations on spherical surfaces such as a vase, a street lamp globe, or even when painting fruit will also be demonstrated. As was the case with the "Leaves" workshop, this does not produce a finished painting, but hopefully will assist you in overcoming this often met puzzle. No experience is necessary, and all supplies will be included.

#AP82 1 Thursday Nov. 17

6:45pm-9:45pm

ROOM 209

FRANK TOWNSLEY

\$29

## LANDSCAPE WATERCOLOUR

### PAINTING

This watercolour course for beginners will offer demonstrations and individual assistance needed to learn basic techniques in colour mixing and washes. Students will also learn about composition and a variety of skills necessary to easily paint skies, clouds, trees, water, mountains, rocks and shorelines, mist and fog.

*Please request a required supply list when registering or view the supply list on our website.*

#AP87 9 Wednesdays starting Oct. 12

6:45pm-9:45pm

ROOM 209

FRANK TOWNSLEY

\$159

## HAND PAINTED WINE GLASSES and GLASS ETCHING

See page 18 for details

# ART / PHOTOGRAPHY

Art students please bring newspaper and wear old clothes or painting smock.

## OIL PAINTING: HYDRANGEAS

No experience necessary!

With step-by-step instruction amaze yourself and your friends! Purchase from Michaels the "Simply Simmons" brushes (approx. \$5 each) -- 3/4" flat, 1/2" angle, #6 filbert, liner, palette knife and a 16"x20" artist quality canvas (NOT "Artist Loft" or dollar store canvas - NO EXCEPTIONS). Canvas may be purchased in class for \$10 (CASH ONLY). Paint MUST be purchased in class for \$10 (CASH ONLY). *This class is one of the prerequisite choices for Darla's Red Poppies and Sunflowers classes.*

#AP09 1 Wednesday Sept. 28

6:30pm-10:00pm ROOM 210  
DARLA ZARY \$34

## OIL PAINTING: HYDRANGEAS

#AP90 1 Wednesday Oct. 12

6:30pm-10:00pm ROOM 210  
DARLA ZARY \$34

## OIL PAINTING: SUNFLOWERS

Absolutely stunning! This is a class favourite. Students must have taken either Hydrangeas or Lilacs & Daisies to take this class - NO EXCEPTIONS. Bring your brushes from Darla's previous classes and artist quality canvas (16"x20") or bring \$10 for canvas (CASH ONLY). Paint MUST be purchased in class for \$14 (CASH ONLY). *This class is a prerequisite for Red Poppies.*

#AP71 1 Wednesday Oct. 19

6:30pm-10:00pm ROOM 210  
DARLA ZARY \$34

## OIL PAINTING: LILACS & DAISIES

No experience necessary! With step-by-step instruction you will create this stunning, soft painting of lilacs and daisies. Purchase from Michaels the "Simply Simmons" brushes (approx. \$5 each) -- 3/4" flat, 1/2" angle, #6 filbert, liner, palette knife and a 16"x20" artist quality canvas (NOT "Artist Loft" or dollar store canvas - NO EXCEPTIONS). Canvas may be purchased in class for \$10 (CASH ONLY). Paint MUST be purchased in class for \$10 (CASH ONLY). *This class is one of the prerequisite choices for Darla's Red Poppies and Sunflowers classes.*

#AP86 1 Wednesday Oct. 5

6:30pm-10:00pm ROOM 210  
DARLA ZARY \$34

## OIL PAINTING: RED POPPIES

HOT HOT HOT! Students must have taken either Hydrangeas or Lilacs & Daisies AND Sunflowers to take this class - NO EXCEPTIONS. Bring your brushes from Darla's previous classes and artist quality canvas (16"x20") or bring \$10 for canvas (CASH ONLY). Paint MUST be purchased in class for \$14 (CASH ONLY). #AP38 1 Wednesday Oct. 26

6:30pm-10:00pm ROOM 210  
DARLA ZARY \$34

## SOAPSTONE CARVING

### SOAPSTONE CARVING: INTRODUCTION

This carving workshop is designed for adults with no previous carving experience. In this course, you will complete a sculpture of a bear approximately 6" in length using non-toxic Brazilian soapstone. The instructor is a First Nations artist whose work is represented in various displays, collections and cultural events. Stone, tools and all supplies are provided. A supply fee of \$10 (CASH ONLY) is payable to the instructor the first night of class.

#AP72 6 Tuesdays starting Sept. 27

7:00pm-8:30pm ROOM 154  
MARK GAUTHIER \$80

### SOAPSTONE CARVING: NEXT LEVEL

A series of eight sessions for those with some prior carving experience who would like to sharpen their skills. If you have a partially completed soapstone carving at home or already have a piece of soapstone and are not sure how to get started, these workshops are designed to help you achieve your goal. Restoration techniques of older sculptures will also be discussed and demonstrated. Tools and supplies will be provided by the instructor but students will be encouraged to purchase their own tool kits. A list of tools and supplies will be available during the first class.

#AP74 8 Thursdays starting Sept. 29

7:00pm-9:00pm ROOM 154  
MARK GAUTHIER \$123

## OIL PAINTING: "FOREST OCTOBER" CONTEMPORARY LANDSCAPE: TOM THOMPSON **NEW!**

This is an intermediate to advanced challenge. Using both acrylics and oils recreate this impressionist-style painting. Students must have taken previous classes from Darla to take this class - NO EXCEPTIONS. Bring your brushes from Darla's previous classes and artist quality canvas (16"x20") or bring \$10 for canvas (CASH ONLY). Paint MUST be purchased in class for \$8 (CASH ONLY).

#AP96 1 Wednesday Dec. 7

6:30pm-10:00pm ROOM 210  
DARLA ZARY \$34

## PHOTOGRAPHY

### DIGITAL SLR HANDS-ON **NEW!** PHOTOGRAPHY

This course will be a combination of theory and actual use of your Digital S.L.R. Camera.



Weather permitting, we practice what we discuss and will take photographs outdoors. Topics include basic functions of the camera, using flash and fill flash, exposure compensation, depth of field, lenses, plus other topics.

#PH45 3 Mondays starting Sept. 19

7:00pm-9:00pm ROOM 164  
WAYNE MCCARTNEY \$56

### HOW TO USE DIGITAL **NEW!** SLR CAMERAS

Designed for people with their first Single Lens Reflex Digital Camera. Topics include basic functions of the camera, shutter speeds, F-stops, modes, flash, lenses and exposure.

#PH22 5 Mondays starting Oct. 17

7:00pm-9:00pm ROOM 164  
WAYNE MCCARTNEY \$76

### READY, AIM, SHOOT

An introductory, but comprehensive and fun approach to improving your digital, SLR or instamatic photography skills. Emphasis will be on learning simple procedures and lighting composition. You'll also learn skills such as time exposures, multiple exposures, use of filters, abstracts, improving your landscape compositions and more. (4 Tuesday evenings and 2 outdoor field trips (Sundays - TBA).

#PH84 4 Tuesdays starting Oct. 18

6:45pm-9:45pm ROOM 261  
FRANK TOWNSLEY \$69

# BUSINESS / VOCATIONAL

## CASHIER TRAINING

Designed for those wanting to learn basic cashiering skills using a manual cash register. This hands-on course focuses on the use of a manual cash register in restaurants or retail stores. Learn how to process items, handle cash/credit card transactions, balance cash and do a shift closing. Cash registers will be shared. English fluency is a pre-requisite for this course. Pre-registration is required. Please bring a bag lunch.

#BV42 1 Saturday Oct. 15


9:00am-3:00pm

ROOM 149

IQBAL LALANY

\$150

## BUILDING SERVICE WORKER CERTIFICATE PROGRAM



Upon successful completion of this course, participants will be qualified to apply for janitorial positions with local school districts, hospitals or city facilities, or apply for work with private contractors who provide cleaning services to a variety of public institutions and private companies. A combination of classroom instruction and practical, hands-on experience is used for training in areas of cleaning, chemicals, equipment, floor and carpet care, safety and WHMIS certification. Certificates issued upon successful completion (theory, practical and teamwork skills).

Minimum of 90% attendance is required.

Monday – Thursday for 5 weeks.

#BV44 Mon - Thurs starting Sept. 26

6:00pm-10:00pm

ROOM 176

BARRY DALLAS

\$340

## OPERATING A CONTRACT CLEANING BUSINESS

This 12-hour course is designed for those who would like to manage or operate their own cleaning business. Topics include business planning, sales & marketing, bidding and estimating, creating a proposal, hiring and retaining employees and insurance and bonding requirements. Students will learn up-to-date techniques in designing their own marketing material and learning what customers look for when hiring a cleaning service.

Course manual included.

#BV45 4 sessions Monday - Thursday

Starting Monday October 31

6:30pm-9:30pm


ROOM 176

BARRY DALLAS

\$150

## ACCOUNTING AND BOOKKEEPING

This could be the most important business course for the small- and medium-sized business.



Understand basic accounting and the rules of accounting. Know how to record financial transactions and how to prepare the financial statements. The recording process starts with simple recording to preparation of the financial statements. This course will also cover recording on the journal, the ledgers, the preparation of the trial balance and the worksheet. This course will show you the process of the full accounting cycle. Handouts included in course fee.

Bring a binder and calculator.

#BV68 9 Tuesdays starting Sept. 27

7:00pm-9:30pm

ROOM 263

BALJIT SINGH

\$165

## PAYROLL

Know how to calculate payroll cheques and remittances. Discussions include BC Labour Law, Employment Standards & WCB as they affect payroll. Class exercises will cover Federal & Provincial Income Tax, CPP, EI as deducted/remitted. T4, ROE & other payroll related forms will also be discussed. Other alternatives (through payroll service company) in processing payroll and its procedures will be covered.

#BV34 7 Thursdays starting Sept. 29

7:00pm-9:30pm

ROOM 263

BALJIT SINGH

\$129

## HOW TO START A SMALL BUSINESS

Got a dream? Want to break away from the employee rut? Learn how to start your own business. This workshop will help you assess and develop your entrepreneur personality, help you focus your dream and gather the information and resources you will need to begin. We will discuss developing a business plan as well as preparing you to venture out on your own. If you have a business plan started or just a great idea, bring it to the class.

#BV07 2 Mondays starting Nov. 7

7:00pm-9:00pm

ROOM 227

ANITA SMITH

\$48

## INTRO TO MEDIA RELATIONS

This introductory course will help small businesses raise their profile in the media. It will cover topics such as knowing what is newsworthy, writing a news release, pitching bloggers, talking to the media and sending a news release out effectively.

No class Oct. 10<sup>th</sup>.

#BV69 5 Mondays starting Sept. 26

7:00pm-9:00pm

ROOM 163

PAMELA FINDLING

\$65

## CAREER SEARCH

**NEW!**

This course will help you make a great first impression on employers. It will give you the knowledge and confidence you need to succeed in your job search. Topics include research techniques/resources for job search, interview preparation/practice, cover letter/resumé writing. You will practice role playing interview situations and finish the course with a professional cover letter and resumé. If you have already chosen jobs to apply for, bring the postings with you to class so you can tailor your cover letter/resumé.

#BV61 2 Mondays starting Nov. 21

7:00pm-9:00pm

ROOM 227

ANITA SMITH

\$48

## INTRODUCTION TO MARKETING AND SALES

A small marketing budget doesn't mean you can't meet your goals and business objectives – you just have to be more creative in your marketing tactics. This workshop will show you how to get maximum exposure at minimum cost. Learn effective, low-cost, and non-cost strategies to improve sales, develop your company's image and build your bottom line. This workshop will familiarize you with marketing terms, SWOT analysis and how to develop marketing plans/marketing campaigns.

#BV85 2 Tuesdays starting Oct. 4

7:00pm-9:00pm

ROOM 161

DAN RUIMY

\$39

## KICK START YOUR NEXT CAREER MOVE

**NEW!**

Thinking about making a move in your career? Dissatisfied in your current job or looking for the next challenge? This workshop will help you examine some of the drivers behind your career decision-making and provide a springboard for your next steps.

#BV04 1 Saturday Oct. 15

9:00am-4:00pm

ROOM 263

WENDY LAWSON

\$59



Register on our website:  
[www.ce40.ca](http://www.ce40.ca)  
General Interest classes

Registration starts Sept. 6



# BUSINESS / VOCATIONAL

## HIRING IN THE WORKPLACE

Learn how to interview potential staff effectively and ways to improve your recruiting and staffing process.

**#BV96** 2 Tuesdays starting Nov. 1  
7:00pm-9:00pm ROOM 127  
DAN RUIMY \$39

## HOW TO DO A PERFORMANCE REVIEW

Employee evaluations are stressful for everyone. Reviews are important to employers who look to identify top performing employees. Join Dan as he shares his tips and do's-and-don'ts on making the process worthwhile.

**#BV99** 2 Tuesdays starting Oct. 18  
7:00pm-9:00pm ROOM 122  
DAN RUIMY \$39

## INTRO TO SPEECHWRITING

Students will explore the basics of speechwriting. Learn how to prepare for and draft an effective speech. Topics include organization, sequence, support and style. Learn to write speeches for yourself or others.

**#BW61** 2 Mondays starting Sept. 26  
7:00pm-9:00pm ROOM 127  
DAN RUIMY \$39

## SUPERVISING PEOPLE / LEADERSHIP DEVELOPMENT

A great leader must be dedicated and committed to their organization or team in order to ensure success. There are many requirements of an ideal leader and this course will give you a balanced approach to those requirements. Strategize and map a plan for you and your team, learn better communication skills and conflict resolution strategies, how to reward employees and give motivating appraisals and how to effectively delegate tasks.

**#BV80** 1 Mondays Oct. 3  
7:00pm-9:30pm ROOM 148  
JANYSE HRYNKOW, MA \$42

## PRESENTING WITH CONFIDENCE AND STYLE

Join Anita and learn how to command the audience's attention by creating a powerful presentation. Develop and deliver presentations that exude confidence, credibility and integrity. We will learn about the parts of a presentation and script-outlines and practice each area.

**#BV41** 1 Wednesday Sept. 21  
7:00pm-9:30pm ROOM 227  
ANITA SMITH \$25

## BECOME MORE ASSERTIVE AND CONFIDENT

Simple and effective! Discover your true self, set limits and express what you really want to say. Learn how to communicate assertively and stand up for yourself in your personal and professional life. Practice respecting your boundaries and speaking assertively to improve your self-esteem, confidence, relationships with others and the way you manage conflict. Handouts included.

**#BV13** 4 Tuesdays starting Oct. 4  
6:30pm-9:30pm ROOM 149  
WENDY LAWSON \$79

## VOICEOVER ANNOUNCING

**NEW!**



With the increasing employment in the film industry and local radio and TV markets, job opportunities in voiceover announcing are on the rise. Learn basic breathing techniques, vocal exercises, pronunciation and articulation skills used in this profession. The instructor will focus on script editing and the importance of preparing a demo CD. Also covered in this course will be ideas on where to look for voiceover work, how to self market your new skills and whether or not you need an agent. The instructor is a full-time voice actor/producer and has worked in the business for 13 years. Students should expect to perform outside their normal comfort zones -- practice reading scripts will be done in front of classmates. Who knows? This may be the beginning of a new career for you!

**#BV86** 6 Thursdays starting Sept. 29  
6:30pm-9:30pm ROOM 163  
PAMELA HAMMOND \$110

## CREATE AND PERFECT AN AWESOME KEYNOTE SPEECH

Discovering the message that will attract and inspire audiences is critical to booking speaking engagements. Find, develop, hone and practice your key message utilizing powerful teaching and audio-visual techniques. By course end, you should have a polished keynote speech. Anyone who has a desire to speak to an audience should participate.

**#BV39** 8 Tuesdays starting Sept. 27  
7:00pm-9:00pm ROOM 164  
DAVID HASTINGS \$69

## PUBLIC SPEAKING 101

Expressing yourself well positively impacts career success. Improve your credibility & confidence in job interviews, presentations, business meetings, negotiations and conversations. Participate and interact in a fun learning environment based on proven communication techniques. Learn to communicate with confidence and poise by the end of this course. This class is presented by Tom Jones, Distinguished Toastmaster and the owner of Strategic Business Resources, specializing in personal and business communication.

**#BV65** 8 Thursdays starting Sep. 29  
7:00pm-9:00pm ROOM 127  
TOM JONES \$72

## BUSINESS WRITING - JUMPSTART

This is a 3-hour entry level course to help you jumpstart your writing. Learn rules to polish your writing for business. Excellent for new business owners, office assistants and managers who need to write more professionally.

**#BW12** 1 Saturday Oct. 15  
9:00am-12:00 Noon ROOM 227  
ANITA SMITH \$27

## CREATIVE WRITING: JUMPSTART

A three-hour session to help novice writers jumpstart and maintain their enthusiasm for writing. The fun writing exercises and group energy will help motivate you to get started or to work through writing blocks. All genres of fiction, non-fiction and journal/memoir writers will benefit.

**#BW10** 1 Saturday starting Oct. 15  
12:30pm-3:30pm ROOM 227  
ANITA SMITH \$27

## WRITING FOR CHILDREN

An introduction to writing books and stories for children. Basic fiction writing techniques will be discussed, with particular application to writing for a younger audience.

**#BW21** 1 Wednesday Nov. 23  
7:00pm-9:30pm ROOM 227  
ANITA SMITH \$25

## WRITING REPORTS, GRANTS AND PROPOSALS

You will learn the value of good written communications and how to prepare reports and proposals that inform, persuade and provide information.

**#BW72** 2 Mondays starting Oct. 17  
7:00pm-9:00pm ROOM 127  
DAN RUIMY \$39

# BUSINESS / VOCATIONAL

## ACCENT REDUCTION **NEW!**

Join Anita and improve your Canadian accent in the most effective way. Improve your language skills such as sounds, stress patterns, rhythm and intonation patterns. Accent reduction may help you to advance your career and help you function more effectively in your job. Gain confidence. Learn to speak more fluently and naturally.

#BV77 4 Mondays starting Sept. 26

7:00pm-9:00pm ROOM 227  
ANITA SMITH \$98

## GRAMMAR AND PUNCTUATION

This is a basic grammar and punctuation refresher course to help you recognize and correct common writing errors. You will learn about the parts of speech, capitalization, punctuation, and sentence structure. Great for adult students, business people and ESL students.

#BW31 2 Mondays starting Oct. 24

7:00pm-9:00pm ROOM 227  
ANITA SMITH \$48

## WRITE AND PUBLISH YOUR OWN BOOK IN 40 DAYS

Position yourself as the expert by writing a book. Consider this fact: "The Prestige Enjoyed By The Published Author is Unparalleled In Our Society". Take advantage of this fact to make more money in your business or even in your career. This course will show you both how to write a book on a subject you are passionate about and how to have it published for little or no money. This could be the most important course you ever take. Taught by millionaire entrepreneur and Amazon Best Selling Author of: 101 Reasons Why You Must Write A Book, Bob Burnham. A complete workbook included - extra material available for purchase from instructor.

#BW41 1 Wednesday Oct. 12

6:30pm-9:30pm ROOM 163  
BOB BURNHAM \$47

## THE SCIENCE OF GETTING RICH

In this fun and enlightening class you'll discover a science that has helped thousands of people become rich. Whether you just want to make more money or are someone who is struggling to get by each month this course is for you. There are certain laws that govern wealth and anyone can learn them. Find out what may be holding you back from true prosperity. This course could be the financial turning point in the life you've been looking for.

#BV58 1 Wednesday Oct. 19

6:30pm-9:30pm ROOM 149  
BOB BURNHAM \$47

## TRIPLE YOUR READING SPEED

Do you have enough time to read? Have you ever reached the bottom of the page and asked yourself, "What did I just read"? Chances are, you are reading far below your capabilities. Whether you are a student, business person or recreational reader, you can quickly, easily and dramatically improve your level of performance and enjoyment in this vital area. In addition, vocabulary enrichment will be stressed.

#BV73 1 Tuesday Nov. 15

7:00pm-10:00pm School Library  
TERRY SMALL \$42

## BRAIN BOOSTING SECRETS

Your brain is involved in everything you do! 90% of what we know about the brain has been learned in the last two years and yet most people never think much about their brains. You simply trust your brain to do its job. Brain dysfunction is the #1 reason people fail in work, school and relationships. Your brain is the supercomputer that runs your life. This session has two bottom lines: when your brain works right you work right and everyone needs a little help. This session will give you the tools to boost brain power, improve your thinking and improve your health. Brain Boosting Secrets is packed with tips, stories, ideas and more.

#BV71 1 Tuesday Nov. 22

7:00pm-10:00pm ROOM 164  
TERRY SMALL \$42

## HOW TO GET BETTER GRADES IN SCHOOL

Make this your child's best year ever in school! This amazing program shows your child how to take charge of his/her time at school! Parents and students attend this seminar together to learn proven strategies and study secrets that have helped thousands of students to quickly excel in school. Guaranteed: better grades, self-confidence, more free time and fun in learning! Good grades have never been more important than today. Come and learn how to get them! This course will benefit students of all abilities in Grades 4-12.

#BV90 1 Tuesday Oct. 11

7:00pm-8:30pm School Library  
TERRY SMALL \$42



## MEMORY TRAINING

### Eight Practical Memory Tips:

Easy to learn and immediately applicable to your daily activities. This memory upgrade will enable you to recall names, remember what you read, give a presentation without notes, increase your concentration and imagination and be better organized and more efficient. In addition, you will discover the 5-minute tool that can increase your personal efficiency by 25%. Discover how questions can force your mind to pay attention. Come and see how easily your memory can be expanded.

#BV52 1 Saturday Oct. 15

9:00am-12:00 Noon ROOM 161  
GRAHAM BEST \$42

## MODERN BUSINESS AND SOCIAL ETIQUETTE

Make the Best Impression. Although formal etiquette may appear to have lost favour in today's casual business environment, the teamwork, cooperation and marketing so prized by the corporate world depends on people with great social skills. Being confident and comfortable.

#BV83 1 Wednesday Oct. 26

7:00pm-9:00pm ROOM 149  
ANN BURNETT \$27

## ETIQUETTE CLASS (11-17 YRS) FOR PRE-TEENS & TEENS

A foundation of good manners is integral to the development of good leadership skills in young people. Etiquette is an essential life skill that will remain with them forever. Topics including first impressions, body language, conversation and listening skills and table etiquette are put into practice.

#BV12 1 Wednesday Nov. 9

7:00pm-9:00pm ROOM 149  
ANN BURNETT \$27

## TABLE ETIQUETTE (11-17 YRS) FOR PRE-TEENS & TEENS

Give your pre-teens and teens the gift of good table manners. Register for Elizabeth's Table Etiquette class before Thanksgiving and the festive season. This class will incorporate introductions and greeting people, setting the table, the correct use of cutlery, eating at the table, conversation and communication -- social aspects of a well mannered dining experience to be proud of!

#BV02 1 Wednesday Oct. 5

7:00pm-8:30pm ROOM 149  
ANN BURNETT \$22

# BUSINESS / VOCATIONAL

## BULLYING IN THE WORKPLACE

Lets recognize it! What is the difference between difficult behavior and bullying? Learn how to identify it, call it by confronting it and take care of it yourself by handling the matter assertively and strategically.

#BV92 2 Mondays starting Nov. 7

7:00pm-9:30pm

ROOM 133B

JANYSE HRYNKOW, MA

\$63

## CONTROLLING YOUR EMOTIONS IN THE WORKPLACE

This course will help you stay calm, productive, powerful and effective in any given situation, especially in the workplace. Learn to respond with a level head, THINK before you get upset with tears, lose your temper and say things you shouldn't. Learn to improve yourself, your self-control approach conflict positively.

#BV91 1 Monday Oct. 17

7:00pm-9:30pm

ROOM 148

JANYSE HRYNKOW, MA

\$42

## ANGER MANAGEMENT

Anger is a natural part of our emotional responses and it is important that we pay attention to it. How we recognize our anger and what we do with it influences the outcome and can change patterns of relationships with ourselves and others.

#BV05 2 Tuesdays starting Oct. 18

7:00pm-9:30pm

ROOM 160C

JANYSE HRYNKOW, MA

\$63

## CONFLICT RESOLUTION

Conflict is everywhere -- in the office, in the home and on the streets. Some of us avoid it and some of us try to handle it the best we are able, but many would like some ideas on how to handle it better. If this is you, may we invite you to come explore, discuss and share ideas on how to resolve conflict. Through exercises, examples and a toolkit, you will be able to apply your new skills in many conflict situations.

#BV15 2 Tuesdays starting Oct. 4

7:00pm-9:30pm

ROOM 160C

JANYSE HRYNKOW, MA

\$63

## MANAGING DIFFICULT PEOPLE

This course focuses on how to handle difficult employees, supervisors and customers. Strategies and techniques discussed can be used for professional and personal application. A great course for anyone dealing directly with others or involved in conflict situations.

#BV14 2 Tuesdays starting Nov. 1

7:00pm-9:30pm

ROOM 149

JANYSE HRYNKOW, MA

\$63

## VERBAL ABUSE:

**NEW!**

### HOW TO DEAL WITH IT

Verbal abuse has no physical signs. Are you a victim that tends to suffer in silence and alone? In order to help you recognize abuse, remember that all forms of verbal abuse are methods of manipulation and the damage is profound and devastating. Let Janyse share her "keys to healing" to this emotional psychological abuse.

#PE88 1 Thursday Nov. 10

7:00pm-9:30pm

ROOM 148

JANYSE HRYNKOW, MA

\$42

*Janyse Hrynkow, MA CCC is a Canadian Certified Psychotherapist with over 20 years of experience, consulting & counselling, a parent and child advocate for over 30 years creating workshops and seminars in the corporate and private sector.*

## NEGOTIATING A CRISIS **NEW!**

Crises come in many forms and from different directions. What ever crisis you are experiencing certain techniques can be applied to ease you through it. Jaynse can share with you the simple steps you can take to focus on reducing your stress, providing support and improving your coping skills.

#PE81 2 Thursdays starting Oct. 20

7:00pm-9:30pm

ROOM 149

JANYSE HRYNKOW, MA

\$63

## OVERCOMING PROCRASTINATION

Are you a procrastinator? You'll be happy to know that everybody does it! If you've come to the conclusion that procrastination is a problem for you, then you need this workshop. Learn great tips you can share with your friends and get back on track.

#PE10 1 Monday Nov. 21

7:00pm-9:30pm

ROOM 148

JANYSE HRYNKOW, MA

\$42

## DEMENTIA CARE

The course is ideal for those who want to work with clients with dementia. The course first introduces geriatric psychiatry by exploring delirium, depression and dementia. It then continues with the nature of dementia with a focus on Alzheimer disease. The final part of the course covers strategies for caring for people who have dementia. It covers all aspects of psychosocial care, including communication skills and assisting with activities of daily living. It is also well suited to the person who already is looking after a person with dementia, whether as a family caregiver or a paid care aide.

#BV57 4 Thursdays starting Sept. 29

6:00pm-9:30pm

ROOM 127

SALLY EVANS

\$79

## INTRODUCTION TO

### MEDICAL OFFICE PROCEDURES

This is a comprehensive course that introduces the student to the role of the Medical Office Assistant. It provides the student with the skills needed to work in a variety of medical offices. Topics covered include: the Canadian health care system, medical ethics, reception, communication skills, documentation, scheduling, office management & patient records management. No class Oct. 10<sup>th</sup>

#BV94 8 Mondays starting Sept. 26

6:00pm-9:30pm

ROOM 117

SALLY EVANS

\$159

## INTRODUCTION TO MEDICAL TERMINOLOGY

This is an intensive and comprehensive medical terminology course. It begins with word building, which is the central theme of the course. Spelling, pronunciation and abbreviations of medical terms will be covered throughout the course, along with anatomy, physiology and diseases. Upon completion of the course, students will be able to break down and understand medical words and describe common terms related to cells, tissues, organs and body systems. *This is an ideal introductory course for health care professionals and an essential component of Medical Office Assistant training.*

#BV62 8 Wednesdays starting Sept. 28

6:00pm-9:30pm

ROOM 267

SALLY EVANS

\$159

## INTRO TO PHARMACOLOGY **NEW!**

This course introduces the student to key terms and concepts related to the field of pharmacology. Topics covered include names of drugs, classifications of drugs and abuse of drugs. Assisting with medication administration for non-licensed professionals also a course component.

#BV72 4 Thursdays starting Oct. 27

6:00pm-9:30pm

ROOM 267

SALLY EVANS

\$79

## DEALING WITH DEATH **NEW!**

This course deals with issues related to death and dying. It is suited for individuals coping with death on a personal level, such as the death of a loved one. It is also suited for individuals dealing with death and dying on a professional level, such as working with people who are dying. Topics covered include the nature of death, the dying person, the grieving process and coping skills. Bring a lunch.

#PE92 1 Saturday Oct. 15

9:00am-3:30pm

ROOM 127

SALLY EVANS

\$50



# COMPUTER TRAINING

## COMPUTER KEYBOARDING

If you have to search the keyboard for every key, your ability to learn is impeded and your ability to participate is limited. In order to increase your enjoyment of computer usage, we strongly recommend that you enroll in a Keyboarding class.

No class October 10<sup>th</sup>.

**#CO93** 4 Mon & 4 Wed starting Sept. 26  
7:00pm-9:00pm ROOM 266  
WANDA MADOKORO \$74

## COMPUTER KEYBOARDING: **FAST & ACCURATE IN A DAY**

Students will improve speed and gain accuracy by using diagnostic software and corrective drills. Practice time will also be a key component. Basic typing skills are recommended before taking this course. Please bring a lunch.

**#CO96** 1 Saturday Oct. 15  
9:00am-3:30pm ROOM 266  
WANDA MADOKORO \$50

## COMPUTER FUNDAMENTALS

**This course is intended for those with little or no computer experience.** Its objective is to provide new computer users with the opportunity to learn about computers in a fun, hands-on environment. Topics include a brief overview of computer hardware, Windows basics and a few of the capabilities of two of the applications of MS Office - Word and Excel. No prerequisite.

**#CO81** 3 Mondays starting Sept. 19  
6:45pm-9:45pm ROOM 255 \$138

## WINDOWS 2007 XP

This introductory course will cover all the basic functions of the Windows operating system. Topics include standard window components, running programs, managing folders and files, customizing Windows, and accessories. Students should have some computer experience.

**#CO62** 4 Tuesdays starting Oct. 4  
6:45pm-9:45pm ROOM 255 \$150

## WINDOWS 2007 - HOW TO ORGANIZE & MANAGE FILES

Create and manage files on your computer by learning to save, retrieve, rename and find files, working with Windows Explorer or My Computer. Set up and organize and manage your personal filing system on the computer by creating folders and subfolders, copying and moving files, deleting files and folders.

Prerequisite: knowledge of Windows.

**#CO88** 2 Tuesdays starting Nov. 1  
6:45pm-9:45pm ROOM 255 \$75

## EXCEL 2007: LEVEL 1

Learn to manipulate your data and calculate formulas. Learn how to enter the data into a spreadsheet, enhance it, print it and create a graph/chart from the data.

Prerequisite: Knowledge of Windows.

**#CO35** 4 Tuesdays starting Oct. 4  
6:45pm-9:45pm ROOM 266 \$150

## EXCEL 2007: LEVEL 2

Review of basic features, using built-in functions, working with multiple worksheets, using the database features and an introduction to macros.

Prerequisite: Excel: Level 1

**#CO39** 4 Tuesdays starting Nov. 1  
6:45pm-9:45pm ROOM 266 \$150

## EXCEL 2007: FUNCTIONS AND FORMULAS

Learn how to create worksheets that update automatically, use cell references, create and/or edit a formula, use a built-in function, use the autoscan button, use screen tips to enter function arguments, copy formulas to other cells, understand relative and absolute references, create logical (if/then) statements and use column headings in formulas.

Prerequisite: Basic Excel capabilities.

**#CO33** 2 Wednesdays starting Oct. 26  
6:45pm-9:45pm ROOM 266 \$75

## QUICKBOOKS: LEVEL 1

Need an easy accounting software to manage your personal or small business finances? This course teaches you how to configure and enter account types, journal xacts, backing up files, generate inventory reports, accounts payable, receivables, invoicing, purchase orders, employee payroll and year end procedures.

Prerequisite: basic accounting. Free Quickbooks 2010 CD. Limited quantity. First come, first served. *No refunds.*  
**#CO55** 4 Thursdays starting Sep. 29  
6:45pm-9:45pm ROOM 257  
SAN CHANG \$250

## WINDOWS 7 FOR BEGINNERS **NEW!**

Got a PC and don't know how to use it or are struggling with it? This course starts from the very beginning, basic jargons, keys, shortcuts, how to navigate around, how to customize and optimize your Windows, copy and move files around, basic maintenance of your PC, add networks, access emails and internet.

Prerequisites: None.

**#CO64** 4 Mondays starting Nov. 14  
6:45pm-9:45pm ROOM 257  
SAN CHANG \$250

## CREATE WEB PAGES

Learn how to create web pages for your small business or personal website from scratch using colourful text and pictures, animations, tables and framed pages. Topics include HTML coding, CSS, dynamic content, sound, music, video streaming, bookmarks, links, ActiveX components, Javascripting & Applets. Free HTML editor tools will be provided.

Prerequisite: Windows XP. *No refunds.*

**#CO21** 2 Mon & 2 Wed starting Sep. 26  
6:45pm-9:45pm ROOM 257  
SAN CHANG \$250

## BUILD & RUN YOUR OWN WEBSITE

**NEW!**

This introductory course shows you what it takes to build an e-commerce website on your home PC and how to charge and get paid for products on your website. Get tips on internet marketing, free tools and software and samples to start your first 24/7 online business. *No refunds*

**#CO22** 2 Mon & 2 Wed starting Oct. 12  
6:45pm-9:45pm ROOM 257  
SAN CHANG \$250

## JAVASCRIPTING FOR WEBPAGES

**NEW!**

Javascripting enhances web pages to be more dynamic, interactive and helps collect and process data from forms and widgets. This course covers basic Javascript language and JQuery library tools to help you build very professional looking web pages. *No Refunds*

Prerequisite: Create Web Pages. .  
**#CO60** 2 Mon & 2 Wed starting Oct. 26  
6:45pm-9:45pm ROOM 257  
SAN CHANG \$250

## PHOTOSHOP

You will learn the basics of digital photography, image correction, enhancement and manipulation to create panorama pictures, remove wrinkles and blemishes, etc. Fun intro to DIY Greeting Cards, Calendars and Photo Albums.

Prerequisite: Windows. *No refunds.*

**#CO67** 4 Wednesdays starting Nov. 9  
6:45pm-9:45pm ROOM 257  
SAN CHANG \$250

## ADOBE ILLUSTRATOR **NEW!**

Learn to create artwork for prints & for web publication using Adobe Illustrator's powerful interface to work with shapes, create images, & vector illustrations.

Prerequisite: Windows. *No Refunds.*

**#CO87** 4 Thursdays starting Oct. 27  
6:45pm-9:45pm ROOM 257  
SAN CHANG \$250

# COOKING CLASSES

## INTRODUCTION TO RAW FOOD LIFESTYLE **NEW!**

This is the fundamental raw food course that teaches you the basics of the raw food lifestyle. It is perfect for any culinary skill level and even great for those who don't like the hassle of cooking! In this class you will learn: -What raw and living foods are and their benefits -How to make delicious raw food meals for breakfast, lunch, dinner, dessert and snacks, smoothies -The health benefits of common ingredients and how to combat and prevent disease through a whole foods diet During this course we will make and sample 9 gourmet raw food dishes so bring your appetite!

**#CK74** 1 Saturday Oct. 15  
9:00am-1:00pm ROOM 236  
*Vancouver Natural Gourmets* \$45

## HEALTHY GOURMET **NEW!** BABY FOOD PARENT EDUCATION CLASS

As a parent you want to give your child the best. It isn't easy to know what to feed your child, when to introduce foods or where to get quality food and ingredients for your family. Cara is here to teach you what is best for your child while following a budget and understanding the time constraints of a busy family. Learn nutrition tips and how to make your own baby food quickly, easily and inexpensively. This class focuses on nutrition for children from 0-18 months of age. Recipes included. Classes taught by registered Holistic Nutritionist, Cara Roth.

**#CK76** 1 Wednesday Oct. 26  
7:00pm-9:30pm ROOM 236  
*Vancouver Natural Gourmets* \$28

## THE LOVE OF CHOCOLATE **NEW!**

Calling all chocoholics! Come and learn with Certified Pastry Chef Cara the secrets to creating beautiful, delicious raw chocolate. Making raw chocolate is quick and easy and only requires a small food processor! No tempering required, raw chocolate is naturally free of gluten, sugar, dairy, soy, and lactose and has 200 times the amount of antioxidants as the best cooked chocolate. Learn to make and sample chocolate truffles, "super turtles," chocolate fudge & more. Recipes included.

**#CK78** 1 Wednesday Nov. 9  
7:00pm-9:00pm ROOM 236  
*Vancouver Natural Gourmets* \$28

## MORE LUSCIOUS LAMB **NEW!**

Lamb & Feta Burgers, Loin Chops with Lemon Mint Butter, Luscious Lamb Curry with Apricot & Basmati Rice Pilaf, Mediterranean Marinated Kabobs.

**#CK41** 1 Thursday Sept. 29  
6:30pm-9:30pm ROOM 236  
KATHRYN HUNTER-TATE \$38

## MORE FUNKY CHICKEN **NEW!**

Grilled Chicken Fajitas, Oven Beer Can Chicken, Spanish Style Chicken with Chick Peas and Chorizo, plus more lunch and dinner dishes your family will love.

**#CK42** 1 Tuesday Oct. 4  
6:30pm-9:30pm ROOM 236  
KATHRYN HUNTER-TATE \$38

## EXOTIC MOROCCAN **NEW!**

Enjoy the exotic flavours of Morocco with an exciting and delicious menu that includes Spicy Harira Soup, Lamb Tagine with Couscous and Stewed Fruits in Vanilla Syrup.

**#CK43** 1 Thursday Oct. 13  
6:30pm-9:30pm ROOM 236  
KATHRYN HUNTER-TATE \$38

## TRÈS FRENCH **NEW!**

Fall Greens with Seared Sea Scallops and Vinaigrette Dressing, Duck a l'Orange and Hazelnut Creme Brulee. Ooh la la!

**#CK44** 1 Thursday Oct. 20  
6:30pm-9:30pm ROOM 236  
KATHRYN HUNTER-TATE \$38

## ITALIANO **NEW!**

Osso Bucco Milanese, Homemade Rosemary Garlic Focaccia Bread, Chocolate Tiramisu and more.

**#CK45** 1 Thursday Nov. 3  
6:30pm-9:30pm ROOM 236  
KATHRYN HUNTER-TATE \$38

## FAVOURITE SOUPS TO SAVOUR

Tonight you'll make some of Kathryn's favourite soups, including Exotic Mushroom & Wild Rice, Celery Root, Potato & Leek, Roasted Red Pepper Bouillabaisse, Cajun Style Chicken Gumbo and more.

**#CK46** 1 Thursday Nov. 17  
6:30pm-9:30pm ROOM 236  
KATHRYN HUNTER-TATE \$38

## MORE INCREDIBLE CREPES **NEW!**

Savory Chicken Crepes with Artichokes & Sun Dried Tomatoes, Bananas Foster Crepes, Buttermilk Crepes with Blueberries and more.

**#CK48** 1 Tuesday Nov. 29  
6:30pm-9:30pm ROOM 236  
KATHRYN HUNTER-TATE \$38

## COMFORT FOODS **NEW!**

These are the foods many of us grew up with but they have grown up too! Kathryn puts a new spin on favourites like the Ultimate 3-Cheese Grilled Cheese Sandwich, Pot Roast with Gravy & Sinful Mashed Potatoes, Chicken Pot Pie, Creamy Banana Pudding and more.

**#CK47** 1 Tuesday Nov. 22  
6:30pm-9:30pm ROOM 236  
KATHRYN HUNTER-TATE \$38

## DEVINE VIETNAMESE **NEW!**

Come and learn traditional Vietnamese cooking. Recipes include Lemon Grass Pork Chop, Beef Soup, Spring Rolls and Chicken. Impress your friends and family. Bring your apron and containers to take home leftovers.

**#CK11** 1 Monday Nov. 7  
6:30pm-9:30pm ROOM 236  
MICKEY TSE \$38

## SENSATIONAL SUSHI **NEW!**

Join this popular class! Learn how to make basic sushi. Recipes include California Roll, Teriyaki Beef & Chicken Roll, Vegetarian Roll, Tempura Prawn & Vegetables, Tamago, etc. Impress your family and friends with these healthy recipes. Bring your apron and containers to take home leftovers.

**#CK98** 1 Monday Oct. 17  
6:30pm-9:30pm ROOM 236  
MICKEY TSE \$38

## SINGAPORE AND MALAYSIAN

Come and learn how to make the hot and spicy signature dishes from Singapore and Malaysia. Don't miss out on taking part in this hands-on food preparation experience. Menu items include Malaysian Coconut Chicken, Prawn Laksa, Chicken Satay, Singapore Rice Noodles and Singapore Spare Ribs. Please bring a container.

**#CK87** 1 Wednesday Oct. 5  
6:30pm-9:30pm ROOM 236  
MICKEY TSE \$38

## TERRIFIC THAI

Learn how to prepare Pad Thai Noodles, Green Curries, Tom Yam Kung Soup and Thai Sweet Corn Patties. This course will give you a hands on experience. Impress your friends and family when you are able to prepare Thai food in your own home. Please bring an apron and some containers and be prepared to have some fun!

**#CK79** 1 Wednesday Oct. 12  
6:30pm-9:30pm ROOM 236  
MICKEY TSE \$38

# COOKING CLASSES

*New!*

## WILTON CAKE DECORATING CERTIFICATE PROGRAM

The Wilton Certificate Program consists of three separate courses, Level 1, 2 & 3

### CAKE DECORATING: LEVEL 1

The Wilton Method® Decorating Basics



Course 1 is the perfect place to start! Your instructor will show you the right way to decorate, step-by-step, so that you experience the excitement of successfully decorating your first cake. You'll understand how to bake a great cake, see how to make and color icing and learn the best way to ice the cake. You will also practice the three fundamentals of decorating, enabling you to approach each technique the right way for great results. Along the way, you'll learn to create icing drop flowers, rosettes, shells, pompom flowers, leaves, shaggy mums, and the ribbon rose. You'll also decorate cookies, cupcakes ... and of course cakes!

No class October 10<sup>th</sup>. *Please request a list of required supplies when registering.* Decorating kit and book included in course fee.

#CK01 4 Mondays starting Sept. 19

6:30pm-9:30pm

ROOM 235

SILVIA MULLER

\$105

### CAKE DECORATING: LEVEL 2 FLOWERS & CAKE DESIGN



In Flowers and Cake Design, you'll explore sophisticated ways to bring your cakes and desserts to life! Your Wilton Method instructor will teach you to create breathtaking icing flowers such as pansies, lilies and the famous Wilton Rose. Then, you'll discover the secrets of arranging them in a beautifully balanced cake-top bouquet. Your amazing flowers will be framed by an impressive border treatment or basket-weave design. With the skills you learn here and your ability to make flowers in advance using gum paste and fondant or royal icing, you can create beautiful blooms at your convenience, ready to place on any cake.

*Please request a list of required supplies when registering.*

Decorating kit and book included in course fee.

#CK02 4 Mondays starting Oct. 24

7:00pm -9:00 pm

ROOM 235

SILVIA MULLER

\$105

### CAKE DECORATING: LEVEL 3 GUM PASTE & FONDANT



In Gum Paste & Fondant you'll discover one of the most exciting and satisfying ways to decorate a cake. Your Wilton Method instructor will lead you every step of the way as you create amazing hand shaped flowers, beautiful borders and bold accents using these easy-to-shape icings. As you learn each technique – an artful bow, mum, rose, carnation, calla lily, rosebud, daisy and embellished borders – you'll be closer to your crowning achievement: A Final Course Cake that showcases your skills. The confidence you'll gain as you decorate with gum paste and fondant will enable you to create cakes that will add excitement to your family celebrations for years to come. *Please request a list of required supplies when registering.* Decorating kit and book included in course fee.

#CK03 4 Mondays starting Nov. 21

7:00pm -9:00 pm

ROOM 235

SILVIA MULLER

\$105

### FESTIVE FINGER FOODS

Impress friends at your next dinner party with these delicious appetizers. These fast and easy finger foods will be the hit of your festive entertaining. Students will prepare a variety of appetizers, and learn some simple garnishing tips that will impress all your guests. Bring your appetite and container to class.

#CK66 1 Wednesday starting Nov. 2

7:00pm-10:00pm

ROOM 236

CINDY ROWELL

\$38

### BREAD AND BUNS

Nothing smells and tastes as good as



homemade bread! Learn to make whole grain, white & rye bread and buns, as well as spiced fruit bread, cinnamon coffee cake, hot cross buns, sourdough bread and buns. Take home your own home-made loaf of bread and a pan of cinnamon buns. Please bring an aluminum foil loaf pan and a large zip-lock bag to the first class.

#CK91 2 Tuesdays starting Oct. 18

7:00pm-10:00pm

ROOM 236

KATHY ROERING

\$45

### CANDY WREATH

*See page 18 for course description.*

#CK95 1 Wednesday Nov. 30

### INCREDIBLE EDIBLE SWEETS

Create an assortment of incredible edible gifts to give to that special someone, friends and family. In this class you will make a gourmet collection of sweets and treats that include old fashioned fudge, peanut brittle, truffles and rumballs, to name a few. Your collection of sweet treats will be wrapped up using a variety of unique packaging ideas, gift tags, and then placed in a unique Christmas tin with recipes included.

#CK31 1 Wednesday Nov. 23

7:00pm-10:00pm

ROOM 236

CINDY ROWELL

\$42

### EASY AS PIE!

Just in time for Thanksgiving!

Trouble with making pastry? No problem!

Come to this class and learn to make tasty, flakey pastry. Please bring a pie plate and paring knife to class. Students will make and take home a fresh fruit pie ready to pop into the oven or freezer. Kathy will share lots of her favourite pie recipes.

#CK29 1 Thursday Oct. 6

7:00pm-10:00pm

ROOM 236

KATHY ROERING

\$38



### FOOD AND WINE MATCHING WORKSHOP

Successful food and wine matching can be a breeze by following a few basic guidelines. Explore and learn these techniques in an easy to understand manner in this introduction to food and wine matching workshop. To fully understand these matching principles four wine and food samples will be provided to highlight your new understanding.

#WB05 1 Wednesday Sep. 28

7:00pm-9:00pm

ROOM 149

JOHN GERUM

\$50

### WINES OF AUSTRALIA AND NEW ZEALAND

Australia and New Zealand produce some of the best wines in the world -- from the crisp, fresh wines of New Zealand to the rich, warm reds of Australia. We will examine the Marlborough and Central Otago regions of New Zealand and the Barossa and Clare Valleys of Australia. A quality wine from each of the four regions will be sampled to gain a true understanding of the unique nature of these wines and why they are so special.

#WB25 1 Wednesday Nov. 23

7:00pm-9:00pm

ROOM 149

JOHN GERUM

\$56





# DO-IT-YOURSELF / JEWELLERY

## JEWELLERY MAKING: INTRODUCTION

**This class is for BEGINNERS ONLY!** Students will learn the basic skills in jewellery making: bending, shaping, hammering, texturing and saw piercing. You will also learn to do soldering. The work will be done in sterling silver, which can be purchased for a minimal sum on the first night of class - approximately \$15-\$20. We will try to make a ring, a pendant and a pair of earrings, depending on how quickly each student learns the skills. The instructor will bring basic tools to get students started. No class October 10<sup>th</sup>.



#JB10 8 Mondays starting Sept. 26

6:30pm-9:30pm ROOM 155 JIM KERR \$96

## WIRE & BEAD JEWELLERY - **NEW DESIGNS!**

Come join Susan for a fun evening creating wire and bead jewellery. You will get an introduction to the traditional technique of hammering wire and also learn how to make loops and coils. Your finished creations are a beautiful necklace and earrings. Having the equipment and basic techniques mastered, you can now go on to make many different and unique pieces of jewellery for yourself and for gift giving. No experience is necessary. Use of tools and all materials are supplied.

Additional supplies will be available for purchase.

#JB07 1 Thursday Nov. 10

6:30pm-9:30pm ROOM 161 SUSAN ALBERT \$52

## JEWELLERY DESIGN WITH BRENDALEE: EPIPHANY BRACELET

***Beginners welcome.*** Imagine the possibilities after this one day class where you will learn the basics of silversmithing, and how to set a faceted stone into a bezel. You will learn what it takes to successfully solder by creating a chain and beautiful toggle to hold it all together. You'll take it one step further by learning to set a faceted stone using fine silver bezel wire. Throw in learning many different techniques of hand texturing for the sterling silver base and the skill of antiquing to give your piece that old world charm and this could be your Epiphany class! ***Kit Fee: \$110 payable in cash to the instructor at the time of the class.*** Please bring the following if you already have them (the instructor has all the tools required but you will be required to share): torch and butane, 1 or 2-hole punch, prong pusher, burnishing tool.

#JB75 1 Saturday Oct. 15 ***Please bring a bag lunch.***

9:00am-3:30pm ROOM 155 BRENDALEE ASTELLS \$68

## JEWELLERY DESIGN WITH BRENDALEE: LEARN HOW TO ENAMEL ON COPPER

***Beginners welcome.*** Discover how to use a micro torch to hand fire enamel onto copper discs. Learn some basics of enameling with a few design techniques and soon you will be creating a variety of fun, colourful pieces you can use to make charms, earrings or pendants. After an introduction to this brand of enameling you'll have time to experiment with what you have learned and take home several pieces you can wear. ***Kit Fee: \$60 payable in cash to the instructor at the time of class.*** You should have enough left over in your kit to continue the fun at home. Torch and butane required (instructor has some torches but you must contact CE office to reserve one).

#JB77 1 Thursday Oct. 13

6:30pm-9:30pm ROOM 155 BRENDALEE ASTELLS \$49

## JEWELLERY MAKING: INTERMEDIATE

If you have taken the beginner's course, or have previous experience, you might want to continue on with this class, which teaches advanced techniques. Students decide on their own projects. The instructor will bring basic tools to get students started on their projects. Costs vary depending on your individual projects.

**Students - please choose Tuesday OR Wednesday not both.**

#JB68 8 Tuesdays starting Sept. 27

6:30pm-9:30pm ROOM 155 JIM KERR \$96

#JB70 8 Wednesdays starting Sept. 28

6:30pm-9:30pm ROOM 155 JIM KERR \$96

## JEWELLERY DESIGN WITH BRENDALEE: SPINNING RING

***Beginners welcome.*** Learn how to make a ring that has flare and a little spin too! First make a ring with sterling silver sheet and then give it a spin with textured sterling, gold fill or copper wire. Flare the ends to keep the spinner in place. What could be more fun to wear! ***Kit Fee: \$60 payable in cash to the instructor at the time of the class.*** If you already have these tools please bring them with you: torch and butane, round steel ring mandrel, riveting hammer, rawhide or plastic mallet, ring bending pliers.

#JB72 1 Thursday Oct. 6

6:30pm-9:30pm ROOM 155 BRENDALEE ASTELLS \$49

## JEWELLERY DESIGN WITH BRENDALEE: **NEW!** ELEGANT LONG STERLING SILVER EARRINGS

***Beginners welcome.*** While making a pair of handcrafted earrings that are uniquely yours, you will learn the basics of silversmithing, hand texturing and making your own earring wires. You will have the option of making earrings similar to the sample or striking out to create your own combination of the components. Whatever you decide you'll have something designed to compliment any outfit in your wardrobe. Torch and butane required (instructor has some but you will be required to reserve one). ***Kit Fee: \$60 payable in cash to the instructor at the time of the class.*** Please bring the following if you already have them (the instructor has all the tools required but you will be required to share): torch and butane, 1 or 2-hole punch, dapping block and punches.

#JB79 1 Thursday Nov. 3

6:30pm-9:30pm ROOM 155 BRENDALEE ASTELLS \$49

## JEWELLERY DESIGN WITH BRENDALEE: DOMED STERLING SILVER BEAD EARRINGS

***This class is not meant for beginners and requires someone with soldering experience.*** The name is a tongue twister but you'll soon find out the technique isn't. In fact you'll be making the sterling silver double domed bead twice. You'll also be making your own headpins and earring wires for a totally made from scratch project. Combine that with some texturing, a little old world charm antiquing, and something sparkly to make a unique pair of earrings you can proudly leave the class with. ***Kit Fee: \$65 payable to the instructor in cash at the time of the class.*** It is recommended that you bring the following tools, torch and butane, dapping block and punches. Instructor only has a few of the dapping blocks and punches to share.

#JB80 1 Thursday Nov. 10

6:30pm-9:30pm ROOM 155 BRENDALEE ASTELLS \$49

# DO-IT-YOURSELF / GROOMING / CRAFTS

## MAKE-UP 101

Learn about the techniques of applying makeup with a Professional Makeup Artist. Find out what makeup will enhance your natural beauty.

Please pre-register at 604-517-6345.

**Classes held offsite at Head To Toe Spa, 618 6th Street, New Westminster.**

**#GR10** 1 Monday Nov. 14

7:00pm-9:00pm

\$35

Head To Toe

## GREEN TEA SKIN CARE

Anti-aging and antioxidant ingredients to create your own natural skin care products! Take home a Green Tea Restorative Facial Oil, Carrot 'n Rosewood Night Cream, Vitamin Facial Spritz and a Green Tea 'n Ginseng Body Wash, plus recipes for face masks and toners.

All supplies included in course fee.

**#BB50** 1 Tuesday Oct. 4

6:30pm-9:30pm

ROOM 235

CHERYL THEILADE

\$56

## TOTAL NATURAL BODY CARE

Take care of your skin naturally and the results are amazing! Make and take home a Chamomile Face Cleanser, Aloe Toner, Almond Oatmeal Face Scrub, Face Cream, Hair Gel, Mint Toothpaste, Mouthwash, Solid Herbal Deodorant and a Sole Soother Foot Gel. Also take home recipes for facial powders, hydrating facial spray, wholesome facial mask and a night repair serum. All supplies included in course fee.

**#BB61** 1 Saturday Oct. 15

11:00am-4:00pm

ROOM 235

CHERYL THEILADE

\$56

## BATH BLISS BODY CARE

In this hands-on class make six different Bath Bombs in a variety of scents and shapes and two different Bath Salts, a Floral Bath Syrup, a Vanilla Cream Milk Bath and a Bath 'n Body Oil. Also take home recipes on tub tea and a body polish. Please bring a shoebox to class.

All supplies included in course fee.

**#BB64** 1 Wednesday Nov. 23

6:30pm-9:30pm

ROOM 235

CHERYL THEILADE

\$56

## CANDY WREATH

This unique all festive wreath is loaded with your favourite candy, and accented with a bow. Tradition says that if you snip a piece of candy from the wreath, you'll have good luck throughout the New Year.

**#CK95** 1 Wednesday Nov. 30

7:00pm-9:00pm

ROOM 169

CINDY ROWELL \$44

## BOTANICAL BODY CARE

Using nature's botanicals with organic oils and butters, learn to make your own luxurious body care! Exfoliate, hydrate, nourish! In this hands-on class make and take home a Ginger 'n Lime Body Polish, Aloe Body Spray, Citrus Body Wash and Tropical Body Butter. In class choose your signature scent for each product made. Also take home recipes for liquid clay masks, stimulating nail salve and body oils. All supplies included.

**#BB63** 1 Tuesday Nov. 8

6:30pm-9:30pm

ROOM 235

CHERYL THEILADE

\$56

## SHEER BEAUTY WITH MINERALS

Make mineral makeup for a fraction of the cost! Using earth elements, butters, oils, waxes, and pre-blended bases, learn how to make your own mineral makeup. Make a Lip Gloss (wand applicator), Lipstick, Mineral Face Powder and Mineral Eye Shadow. Learn alternatives to toxic chemicals that are in mainstream cosmetics. We'll also discuss blending colours, mineral makeup benefits and ingredient knowledge. You'll also receive recipes for liquid foundation and makeup remover. All supplies included in course fee. Please note: This class is not about how to apply or use makeup. *Some exact formulas are not provided due to copyrights.*

**#BB62** 1 Tuesday Oct. 25

6:30pm-9:30pm

ROOM 235

CHERYL THEILADE

\$65

## SOAP MAKING: PURE & SIMPLE

Soap from scratch! In this class make a long-lasting Herbal Floral Soap and a batch of Citrus Explosion Soap. Explore different ingredients, methods and various techniques that you can use to create exciting soaps. Also, take home a completed bar of soap and recipes for pet soap, laundry soap and herbal shampoo. Please bring a hand towel to class. Come to class scent-free and bring an apron.

All supplies included in course fee.

**#BB60** 1 Thursday Sept. 29

6:30pm-9:30pm

ROOM 235

CHERYL THEILADE

\$62

## WIRE & BEAD CHRISTMAS

### ORNAMENTS **NEW DESIGNS!**

If you enjoy creating unique, handcrafted Christmas ornaments then this class is for you. Using wire working and hammering techniques combined with beads and crystals you will create several beautiful holiday gifts. No experience is necessary. Use of tools and all materials are supplied. Additional supplies available for purchase.

**#CR02** 1 Thursday Nov. 24

6:30pm-9:30pm

ROOM 161

SUSAN ALBERT

\$52

## HAND PAINTED WINE GLASSES

Here is the perfect gift -- a set of four hand painted wine glasses hand painted by you. Using enamel glass paints you will learn simple painting techniques and learn the secrets to painting on all types of glassware. All supplies are included. *Please bring a box to carry your projects home in.*

**#CR87** 1 Tuesday Nov. 8

7:00pm-10:00pm

ROOM 172

CINDY ROWELL

\$42

## STITCH A CARD:

### **NEW!**

### ALL OCCASSION CARDS

Join Cindy and learn to make beautiful handmade greeting cards using stitching card patterns. Prick the pattern onto your card and then stitch. It is quick and easy and unique. All supplies included.

**#CR91** 1 Tuesday Nov. 29

7:00pm-10:00pm

ROOM 172

CINDY ROWELL

\$35

## THE ART OF GLASS ETCHING

You will learn how to transfer and etch custom designs onto glass pieces, as well as double etching and reverse painting on glass. Etching can be applied on mirrors, windows, wine glasses, mugs, vases, team trophies and company logos are just a few examples using the etching techniques. Students will complete at least four etched martini glasses in class. Please bring to class an X-acto knife and a box. All supplies included. Bring a lunch.

**#CR20** 1 Saturday Oct. 15

9:00am-3:00pm

ROOM 172

CINDY ROWELL

\$68

## GOURMET GIFTS (DIPS, DRESSING, SEASONINGS)

In this class students will create take home a collection of delicious items perfect for holiday entertaining and gift giving. Students will prepare items such as salsa mix in a jar, stir-fry seasoning mix, dip mixes and flavoured vinegars and dressings. Students will learn techniques in unique packaging for gift giving. Recipes are included.

**#CK21** 1 Wednesday Nov. 16

7:00pm-10:00pm

ROOM 236

CINDY ROWELL

\$42

# DO-IT-YOURSELF / KNITTING / SEWING /

## BASIC SEWING

This class is designed for the new sewer, as well as for those with some experience. Learn to adjust a pattern to your own measurements and to construct a simple skirt or blouse. Please bring a tape measure, pencil and paper to the first class.

#SK16 8 Tuesdays starting Sept. 27

6:45pm-9:15pm

ROOM 237

KAREN HARBICK

\$118

## INTRODUCTION TO PATTERN DRAFTING

**NEW!**

Learn pattern drafting at its most basic level. This includes learning what the correct measurements are, how to take measurements, understanding your pattern pieces and how they are put together. Students will learn a viable formula of pattern drafting that they can use in their daily lives and apply to manipulating and sizing commercial patterns, as well as creating their own designs from scratch. Students must bring to class scissors, paper and/or fabric, calculator, measuring tape and a ruler (18"). All other supplies included. No class October 10.

#SK33 8 Mondays starting Sept. 26

6:30pm-9:30pm

ROOM 237

SOPHIA SOO

\$85

## MAKE A QUILT QUICK AND EASY!

Make a special, personalized gift! There will be four quick and easy projects to choose from. You can make a Double-Season Quilted Table Runner great for your dining room table, which can be flipped over to use for a second season (Winter, Spring, Fall, Christmas, Easter, etc). Kit cost is \$20. The second project is a themed *Milky Way Quilt* (19"x19"). Kit cost is \$20. The third project is a pair of placemats. Kit cost is \$20. The fourth project is an "I Spy" child's quilt. Kit cost is \$30. Learn how to quilt your selected project. Basic sewing experience is all that is required. Bring 2 spools of neutral coloured thread, scissors, seam ripper and measuring tape. Kit cost is payable to the instructor (cash only). *Please request your choice when registering.*

Please bring a lunch.

#SK41 1 Saturday Oct. 15

9:00am-4:00pm

ROOM 237

BEAU GABINIEWICZ

\$48

## CRAZY QUILTING

**NEW!**

Crazy quilts differ from "regular" quilts. Crazy quilting can be extremely creative. In crazy quilts, the quilters are able to employ much smaller and more irregularly-shaped pieces of fabric. Jan's crazy quilts will use recycled exotic pieces of fabric, and embellishments such as buttons, lace, ribbons, beads, or embroidery. Supplies included.

#SK76 3 Wednesdays starting Oct. 5

6:30pm-9:30pm

ROOM 237

JAN TRUBER

\$58

## MONKEY SEE - MONKEY DO!

Join Jan for this Saturday of fun making the traditional MONKEY. Remember those adorable hand made monkeys made from the grey wool socks with the red heels that made the monkey's big red lips? The kids love them! Please bring thread, needles, scissors and thimble to class.

Supplies are included. Bring a bag lunch.

#CR51 1 Saturday Oct. 15

9:00am-3:30pm

ROOM 234

JAN TRUBER

\$48

## RAG RUGS

Join Jan for this 2 night workshop to recycle and make an attractive rug. Learn the prairie art of making something out of nothing. During this hands-on class you will have the opportunity to make a round and an oval rug. Materials are provided by the instructor and included in the course fee. Jan will give you lots of extra ideas.

#CR50 2 Wednesdays starting Oct. 26

6:30pm-9:30pm

ROOM 237

JAN TRUBER

\$48

## CROCHET WITH BEADS

**NEW!**

By adding beads to the simplest project you will see how elegant it becomes. Each week you will begin a new project, learning to understand pattern charts and instructions while making bead insertions. There will be time to complete each project within the week. Participants must have basic crochet skills. Materials fee payable at first class - \$10 to \$20 (cash)

#SK77 4 Thursdays starting Sept. 29

7:00pm-9:00pm

ROOM 234

SHIRLEY MOORE

\$58

## KNIT A WINTER SCARF

No experience is necessary. Join Sarah for this full day of fun! Learn to knit a beautiful chunky weight scarf to keep for yourself or give as a gift for a friend. Once you learn this simple and quick knit, you will be making scarves all winter long. You will be able to choose one of six beautiful colours for your scarf. Kits will be distributed at the start of the class. Intermediate knitters welcome! All supplies included in course fee. Please bring a lunch.

#SK82 1 Saturday starting Oct. 15

9:00am-3:30pm

ROOM 167

SARAH WETHERED

\$63

## KNITTING FOR BEGINNERS

In this 7-week course you will begin by learning the basics of knitting as you make a neck cowl. Each week you will make small projects geared to your level as you learn to knit on circular and double pointed needles and to increase and decrease while making fingerless gloves and other items as you progress. By the end of the session you should be well over the learning curve and comfortable discovering that knitting is therapeutic as well as creative. Bring Worsted Weight yarn, 1 pair of 4.5 mm and 1 pair of 6 mm knitting needles to the first class. Instructor will have yarn and needles available if required.

#SK73 7 Tuesdays starting Sept. 27

7:00pm-9:00pm

ROOM 234

SHIRLEY MOORE

\$91

## HAND EMBROIDERY

**NEW!**

Embroidery is not just for pictures. As you learn basic embroidery stitches, cross stitch, crewel and other types of embellishing a garment or home décor, you will be surprised at the pleasure it gives you in the doing and others when they see your results. Each week you will learn a different technique as you work on a project which can be easily completed within the week. Supplies available at each class - priced from \$5 to \$20 (cash only).

#SK79 4 Thursdays starting Oct. 27

7:00pm-9:00pm

ROOM 235

SHIRLEY MOORE

\$58

## HOME STAGING AND REDESIGN

**NEW!**

Simplify your life and get comfortable with do-it-yourself home staging and redesign. In this course you'll learn about de-cluttering, home staging, redesign, colour, move-in set up and interior awareness. This course includes hands-on projects which explore these topics in an informative but relaxed atmosphere.

#HD29 6 Thursdays starting Sep. 29

7:00pm-8:30pm

ROOM 235

BRENDA SINCLAIR

\$90



# FITNESS / RECREATION

## LADIES FLOOR HOCKEY SHE SHOOTS - SHE SCORES!

Ladies only. Join in on the latest craze. Have lots of fun and laughs and get a workout at the same time.

This class is geared towards beginners.

### NON-COMPETITIVE.

Equipment provided. Please wear soft soled shoes. Eye guards, mouth guards and shinpads optional.

**#FS67** 10 Wednesdays starting Sept. 28  
7:00pm-8:30pm Small Massey Gym  
BERTHA LANSDOWNE \$89

*Sportsmanlike conduct and fair play are expected.*

## LADIES FLOOR HOCKEY SHE SHOOTS - SHE SCORES!

Ladies only. Tuesday night classes are recommended for those players with prior floor hockey EXPERIENCE.

Please wear soft soled shoes. Eye guards, mouth guards and shinpads optional.

**#FS66** 10 Tuesdays starting Sept. 27  
7:00pm-8:30pm Small Massey Gym  
BERTHA LANSDOWNE \$89

## AEROBOX CARDIO BOX AND KICK

High energy and motivating aerobic class with basic boxing and kickboxing moves (non-contact). Workout includes great cardio component, body conditioning and stretches. Class is suitable for all fitness levels - just go at your own pace! Your instructor is also a personal trainer (BCRPA) with a passion for the body conditioning portion of the class. If you are looking for a great full-body workout, this is the class for you.

No class October 10th

**#FS03** 8 Mondays starting Sept. 26  
7:00pm-8:00pm Small Massey Gym  
MARGARET MAXIM \$74

## WORKING OUT WITH BALL AND BANDS

Enjoy an effective workout targeting all areas of the body using the most versatile piece of exercise equipment around - the stability ball!!! You will learn proper form and technique for a variety of fun and effective exercises in a group atmosphere. Each week we will work on balance, strengthening core muscles, and challenging the upper and lower body. Please bring your ball and energy and let's have fun! No class October 10<sup>th</sup>.

**#FS94** 8 Mondays starting April 18  
8:05pm-9:05pm Small Massey Gym  
MARGARET MAXIM \$74

## ZUMBA® FITNESS

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The goal is simple: Work out, love working out & get hooked. Zumba® fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class!

**#FS72** 8 Tuesdays starting Sept. 27  
7:00pm-8:00pm Large Massey Gym  
JANICE STEVENS \$74

**#FS78** 8 Thursdays starting Sept. 29  
7:00pm-8:00pm Small Massey Gym  
JANICE STEVENS \$74

## LET'S GET STARTED! **NEW!**

Are you tired of being tired! This class will focus on a gentle workout for men and women who are tired, have little energy or strength. If you are feeling stiff and awkward this class is for you. Improve your balance and circulation. You deserve to feel better. If you have been off with an illness or a injury these classes will ease you back into a fitness program. Feel better - look better - sleep better. Sign-up now! Classes held in New Westminster Secondary Dance Studio.

**#FS75** 8 Wednesdays starting Sept. 28  
6:30pm-7:30pm School Dance Studio  
JANICE STEVENS \$74

## PILATES WITH ANITA

Experience the latest body conditioning workout! These Level 1 classes will assist participants in learning proper posture and body alignment and add flexibility. Pilates is about patterned breathing, core strength and muscle sculpting. Pilates mat classes are not recommended for individuals with disk injury. Students need to bring a mat no more than 1" thick for these sessions. Students with previous neck and back injuries should consult their physician before starting a Pilates program. Anita has 30 years in the fitness industry and will instruct on how to modify the exercises to your individual needs.

**#FS55** 8 Wednesdays starting Sept. 28  
8:05pm-9:35pm School Dance Studio  
ANITA SMITH \$81

## GOLF CLINIC FOR ADULTS

Canadian PGA Teaching Professional Keith Westover will have you swinging like a pro by the end of the class! This is a great intro to golf for teens. Simple swing-building exercises and ball-striking drills make up the core content of information presented. Keith will demonstrate the ease of developing fundamentally sound putting, chipping, and pitching techniques as well as strategy. Dress comfortably and wear flat-soled shoes. If you have your own equipment, please bring a #9 and #7 iron and sand wedge.

**#FS80** 1 Saturday Oct. 15  
9:00am-11:30am Small Massey Gym  
KEITH WESTOVER \$32

**#FS81** 1 Saturday Oct. 15  
12:30pm-3:00pm Small Massey Gym  
KEITH WESTOVER \$32

## BOLLYWOOD DANCE **NEW!**

Bollywood is a fun, lively and animated dance workout that anyone can do. This dance combines classical Indian pop and jazz. Warm-up and stretch techniques are also incorporated in a fun and informative style to give students a full rounded workout with tons of fun!

**#FS85** 8 Tuesdays starting Sept. 27  
8:15pm -9:15pm School Dance Studio  
SOPHIA SOO \$75

## RUNNING FOR BEGINNERS

Spring is a great time to start running. This class is for people



that are absolute beginners or trying to start up again. We will start with a run one minute and walk one minute...very slow, and easing into this great fitness trend. *Students will meet at the courtyard in front of NWSS.*

**#FS04** 8 Sundays starting Sept. 25  
9:30am-10:30am NWSS Courtyard  
LISA FALBO \$54



**VISIT OUR WEBSITE**

[www.ce40.ca](http://www.ce40.ca)

**General Interest Programs**

**Register online or  
call 604-517-6345**

# FITNESS / YOGA / TAI CHI

## HATHA YOGA WITH MICHELE

Michele combines her experience of working with breathing in a formal setting with teaching Hatha Yoga. She is devoted to being safe, grounded and peaceful. Hatha Yoga is a classic form of yoga that includes a series of postures and breathing techniques that will revitalize the body physically, mentally and spiritually. Benefits of doing yoga are numerous, to name a few: improved concentration, increased strength and restful sleep. Please bring a yoga mat, a small blanket, towel and water. Good for all levels as a way to improve balance, flexibility and peace of mind. Check out Michele's website at [azuryoga.net](http://azuryoga.net).

No class Monday October 10<sup>th</sup>.

**#YO98** 8 Mondays starting Sept. 26  
6:30pm-8:00pm School Dance Studio  
MICHELE LABELLE \$81

**#YO99** 8 Mondays starting Sept. 26  
8:05pm-9:35pm School Dance Studio  
MICHELE LABELLE \$81

## YOGA AND MEDITATION

Yoga is an excellent way to release stress in the body and the mind. Learn how to use Hatha Yoga postures and the breath to ease tension and bring your focus to a more relaxed and restive place. Whether you are approaching yoga for the first time or are a seasoned practitioner, you will be encouraged to work at your level as variations are offered. Enjoy increased flexibility, strength and balance and a mind better able to cope with the challenges of life. Each class ends with 15 minutes of guided meditation. Bring a light blanket and small pillow; yoga mats provided if you don't have your own. Optional: eye pillow, yoga strap.

**#YO61** 8 Tuesdays starting Sept. 27  
6:30pm-8:00pm School Dance Studio  
MARY VICKARS \$81

## YOGA WITH ROSE MARIE

Gentle exercise to keep you healthy and agile - safely and easily - no matter what your age. Basic yoga and breathing exercises, concentration and relaxation techniques. Participants are asked to wear loose comfortable clothing and to bring a small blanket to class.

**#YO31** 6 Thursdays starting Sept. 29  
6:30pm-8:00pm School Dance Studio  
ROSE MARIE PRESTON \$62



## TAI CHI: BEGINNER

Originally a Martial Art, Tai Ji Chuen (Tai Chi Chuen) has evolved into a gentle exercise practiced around the world by millions in order to improve their health. Doing Tai Ji will exercise the joints, tendons, muscles and spine and also provide for some cardiovascular activity. Furthermore, it will build up one's Chi (Life/Universal Energy) and improve one's focus and concentration. The first section or stage of the Yang Style long set will be taught, along with the Single Push Hands exercise. The only requirements are that one is able to stand on & move about with bent knees, move one's arms and legs and occasionally bend forward at the waist.

**#YO44** 9 Tuesdays starting Sept. 27  
6:30pm-7:30pm NWSS Massey Cafeteria  
KENNETH WONG \$80

## TAI CHI: INTERMEDIATE

This course is a continuation of the Yang Style Tai Ji Chuen (Tai Chi Chuen) long set. The first section or stage will be reviewed and then the second stage will be taught, along with the Double Push Hands exercise. Only students who have completed Tai Chi: Beginner Level or an equivalent course should register for this course.

**#YO55** 9 Wednesdays starting Sept. 28  
6:30pm-8:00pm NWSS Massey Cafeteria  
KENNETH WONG \$85

***An instructional DVD, which covers the entire Tai Ji set, is available for purchase in class for \$25 from Kenneth Wong.***

## TAI CHI: ADVANCED

This course is a continuation of the Yang Style Tai Ji Chuen (Tai Chi Chuen) long set. The first and second sections or stages will be reviewed, along with the Single and Double Push Hands exercises, and then the third (final) section will be taught. Only students who have completed Tai Chi "Beginner Level" and "Intermediate Level" or the equivalent courses should register for this course.

**#YO33** 9 Thursdays starting Sept. 29  
6:30pm-8:00pm Massey Cafeteria  
KENNETH WONG \$85

## VIPASSANA MEDITATION WITH BUDDHIST PHILOSOPHY

Learn the main doctrines common to all forms of Buddhism, such as mindfulness, meditation, karma and the round of rebirth, cosmology, impermanence, reducing stress and anger, creating happiness, plus we'll examine new Buddhist social teaching. Instructor is a former monk.

Includes a short period of meditation.

**#YO94** 3 Tuesdays starting Nov. 15  
7:00pm-9:00pm ROOM 127  
BRIAN RUHE \$55

## SIMPLE HOME EXERCISE PROGRAM

**NEW!**

You do not need a gym membership to do an effective workout! This fitness class will teach exercises that you can take home and do on your own. By the end of the class, you will have a full workout program you can do at home that will meet your fitness goals, whether it is overall fitness, toning or weight loss. This class is open to any level of fitness. Melisa will provide special exercises for those with chronic pain, but it is also directed to people who have no injury at all or a mild injury. Take charge of your health! Melisa is a Registered Rehabilitation Professional & Personal Trainer, RRP, MBA, CRTWC. No class October 10. Bring a mat to class.

**#FS76** 4 Mondays starting Oct. 3  
7:00pm-8:00pm Massey Cafeteria  
MELISA CROSBY \$32

## CHRONIC PAIN: HOW TO GET YOUR LIFE BACK

**NEW!**

Many people live with chronic or long-term pain that affects their ability to function on a day to day basis. Melisa offers not a cure for chronic pain, but strategies to help you cope and improve overall functioning. Participants will learn how chronic pain develops and the effectiveness of various treatments. The purpose of the course is to show how people suffering from chronic or long-term pain can help themselves in their recovery rather than relying on their doctors and other treatment practitioners. Participants will be shown relaxation strategies and refocusing techniques in further detail. We will also practice the techniques taught and learn how to adapt and work with specific limitations. The goal is to show people that they are not helpless and also not alone.

**#HS74** 3 Tuesdays starting Sept. 27  
7:00pm-9:00pm ROOM 127  
MELISA CROSBY \$39

# FITNESS / DANCE LESSONS

All dance classes offered on pages 22-23 are held at the Dance With Me Studio  
50 Lorne Street, New Westminster For registration call 604-517-6345 or [www.ce40.ca](http://www.ce40.ca)



## Dance With Me Studio NEW LOCATION!

50 Lorne Street, New West

- Open House - 

**Saturday  
September 10, 2011**

**11:00 am to 1:00 pm  
with FREE dance lessons and  
dance demonstrations. Join us!**

### WEST COAST SWING

This swing dance came from the Lindy Hop during the 1930's and is danced to pop, rock, rhythm & blues, jazz and country. There are two types of rhythm possibilities for this fun dance: a pass rhythm with 6 counts of music and the other a whip rhythm with 8 counts of music. West Coast Swing is danced in a linear floor position and allows for endless possibilities. This dance is popular and stylish and a must for all beginner dancers!

**DA89 6 Thursdays starting Sep. 15**  
8:00-9:00 pm **\$65**

### ADULT BALLET

Absolute beginners welcome! Using basic ballet technique -- barre and centre floor work -- we will increase our ease in movement by developing strength and greater flexibility. Class includes a separate stretching/ strengthening component. Our focus will be on enjoying our adult bodies, with ballet class as another tool to improve our posture, balance and stamina. A helpful class for people involved in learning other dance styles and other athletic pursuits.

**DA55 6 Sundays starting Sep. 18**  
12:00-1:00 pm **\$75**

### LYRICAL JAZZ

A dance style that blends ballet and jazz. The choreography interprets the story and emotions of the music. It is a passionate, expressive dance style conveying strong emotions such as love, joy, despair and anger through movement and facial expressions.

**DA45 6 Sundays starting Sep. 18**  
1:00-2:30 pm **\$75**

### HIP HOP

Funky music and funky moves. Learn basic moves of Hip Hop dance and allows for creative expression through dance.

**DA54 6 Sundays starting Sep. 18**  
2:30-3:30 pm **\$67**

### BURLESQUE

A little bit naughty is a little bit nice.... Experience a full body workout while learning to shimmy and strut in this sexy and sizzling workshop. Dance to songs right out of the new movie "Burlesque" and learn to tantalize and tease with class. Footwear can be flat shoes or high heels -- and dress to impress!

**DA36 6 Sundays Sep. 18**  
3:30-4:45 pm **\$75**

### SALSA DANCE: INTRODUCTION

Salsa is by far the most popular latin dance today! Fast, playful, spicy are just a few words to describe this rhythmical spot dance which is characterized by subtle hip action, turns & spins. This dance originated from the latin dance of Mambo and Cha Cha and is fun to dance.

**DA11 8 Mondays starting Sep. 19**  
6:30-7:30 pm **\$75**

### TANGO & SAMBA

Learn the basics of both these dances and begin to understand the passion that is generated by the dramatic dance of Tango and the exciting dance of Samba.

**DA14 4 Mondays starting Sep. 19**  
6:45-7:45 pm **\$40**

### BALLROOM & LATIN FOR BEGINNERS

This class introduces you to the world of social dance! Foxtrot, Waltz, Tango, and the Latin dances of Cha Cha, Rumba & Samba are introduced slowly over the next few weeks giving you an opportunity to learn how to lead and follow, timing to music, origins of each dance and why they are danced the way they are. An excellent opportunity to get the basics down.

**DA02 8 Mondays starting Sep. 19**  
8:00-9:15 pm **\$75**

### LATIN DANCE

Wild and wonderful music is hot, hot, hot - so get into the swing of things by learning the Cha Cha, Rumba, Samba, Merengue and Jive.

**DA62 8 Tuesdays starting Sep. 20**  
8:00-9:15 pm **\$75**

### SPECIAL OCCASION/WEDDING MIX

Are you getting married, going on a cruise, heading for a warmer climate where Latin dance is the thing to do? This class is for you! In this six-week program you will learn the Jive, Rumba and Waltz to prepare for any social evening that includes dance!

**DA06 6 Wednesdays starting Sep. 21**  
6:25-7:25 pm **\$65**

**DA29 6 Sundays starting Sep. 25**  
3:30-4:30 pm **\$65**

**DA81 6 Wednesdays starting Nov. 2**  
6:25-7:25 pm **\$65**

### SOCIAL DANCE: LEVEL 2

Designed for students who have completed a Social-Beginner Dance Program and want to review and add on. Leading, following and floorcraft are reinforced.

**DA03 8 Wednesdays starting Sep. 21**  
7:30-8:30 pm **\$75**

### NEW DANCER'S CLASS!

This class is for "never before dancers" to introduce them to the rewarding world of dance. These basic lessons are open to men (leads) and women (followers) of any age. Over the 4-week group session we will cover the Latin dances of Jive, Salsa, Cha Cha and the elegant ballroom dance of Waltz. Only the basic steps of each dance will be taught.

**DA42 4 Thursdays starting Sep. 22**  
6:45-7:45 pm **\$40**

**DA43 4 Thursdays starting Oct. 20**  
6:45-7:45 pm **\$40**

### YOUTH DANCE PROGRAM

#### BALLROOM & LATIN

Not your Grandparents dance anymore! International Standard Ballroom Dance Course content is relevant to the age and music is chosen so children can identify with it. Standard includes Waltz, Tango, Quickstep and Foxtrot Latin includes Cha Cha, Samba and East Coast Swing.

**DA40 8 Saturdays starting Sep. 24**  
12:00-1:00 pm **\$75**

#### BEGINNER BREAKDANCE

Ages 12 and up. Develop strength, posture and confidence as you learn the coolest moves in breakdance.

**DA88 4 Sundays starting Sep. 25**  
4:30-5:30 pm **\$50**

#### QUICKSTEP/CHA CHA COMBO

Step into the world of Ballroom Glitter while learning the basics in Quickstep and into the world of Latin dance to learn the basic footwork and sexy patterns to the Cha Cha. A must have class! No experience is needed. Singles or couples welcome!

**DA71 4 Saturdays starting Oct. 1**  
1:30-2:30 pm **\$40**

#### ADULT JAZZ/HIP HOP

This class combines the funky moves of Hip Hop with the smooth moves of Jazz. Starting with a complete warm up & stretching portion, this class is for beginner dancers to those returning.

**DA33 6 Tuesdays starting Oct. 4**  
6:30-7:55 pm **\$75**

#### ADULT TAP DANCE

Beginners welcome. Tone leg muscles and challenge your brain by making rhythm with your toes. Have fun learning basic steps, how to put them together and travel across the floor.

**DA23 6 Tuesdays starting Oct. 4**  
8:00-9:25 pm **\$75**

#### SIMPLY SWING!

This class features two dances: Jive & East Coast Swing! Basic steps to a variety of underarm turns for both the lady and the man will be taught. Prepare to have fun, fun, fun!

**DA82 6 Mondays starting Oct. 24**  
6:45-7:45 pm **\$65**

#### LATIN DANCE FOR SINGLES

Tired of going to dance class by yourself and never having a partner to dance with? This class is designed for SINGLES ONLY and will allow you to meet others who share a genuine interest in learning to dance. You will have fun while learning the Latin dances of Salsa, Swing, Cha Cha and Merengue, as well as how to ask for the dance, lead your partner to the floor and engage in conversation.

**DA83 6 Saturdays starting Nov. 5**  
2:30-3:30 pm **\$65**

#### LINE DANCE WORKSHOP

If you are interested in finding out what Line Dance is all about this class is for you! Find out how much fun you can have on the dance floor without a partner. It's a knee slappin', heel tappin' good time! Dances will be taught at a Beginner/Beginner Plus level.

**DA84 1 Sunday Sep. 11**  
10:30 am - 12:30 pm **\$25**



# FITNESS / DANCE LESSONS

All dance classes offered on pages 22-23 are held at the Dance With Me Studio  
50 Lorne Street, New Westminster For registration call 604-517-6345 or [www.ce40.ca](http://www.ce40.ca)

## DANCER'S CORE TRAINING WORKSHOP

All forms of dance require balance and balance comes from a strong core. In this workshop you will learn to identify your core as well as how to strengthen it and use it effectively. A handout is provided to help you remember the exercises that are covered so that you can incorporate them in to your regular workouts. You will learn standing abdominal work as well as floor work so be sure to bring your yoga mat or a towel.

**DA59 1 Sunday Oct. 16**  
10:30 am -12:00 Noon **\$20**

## WALTZ WORKSHOP

Learn this beautiful, elegant dance and you will glide around the floor.

**DA65 1 Saturday Oct. 29**  
4:00-5:15 pm **\$20**

## LEADING & FOLLOWING IN PARTNERSHIP DANCES WORKSHOP

This workshop is excellent for any students taking a dance class. Time will be spent on gathering awareness to lead and to follow. Don't be a passive dancer! Develop and strengthen your skill as a dancer. No partners required.

**DA31 1 Saturday Nov. 5**  
1:30-2:30 pm **\$15**

## COUNTRY TWO STEP WORKSHOP

Bring your partner and learn the basic steps in this class. Yee Haw! Lot's of fun!

**DA68 1 Saturday Nov. 19**  
1:30-2:30 pm **\$15**

## STREET HUSTLE WORKSHOP

From the movie Saturday Night Fever, Hustle is danced to disco and contemporary swing and can be incorporated into West Coast Swing. This class will teach the basic steps & variations.

**DA69 1 Saturday Nov. 26**  
1:30-2:30 pm **\$15**

## JUST JIVE WORKSHOP

Rock and Roll is here to stay! Get your feet ready to move as you have fun and learn the basics of this dance.

**DA86 1 Saturday Dec. 10**  
1:30-2:30 pm **\$15**

## INTRO TO BELLY DANCE WORKSHOP

If you are interested in finding out what Belly Dance is all about this introductory class is for you! This class is for all ages, shapes and sizes. Please wear comfortable workout wear/clothing.

**DA08 1 Sunday Sep 11**  
1:00-3:00 pm **\$25**

## BELLY DANCE

We'll cover the basic movements and isolations necessary for an excellent foundation in the art of Egyptian Belly Dance. Aerobic wear.

**DA16 8 Wednesdays starting Sep. 21**  
7:00-8:30 pm **\$75**

## BELLY DANCE: LEVEL 2

This class is for students who have completed beginner belly dance and wish to continue.

**DA17 8 Fridays starting Sep. 23**  
5:15-6:30 pm **\$75**

## SENIOR'S BELLY DANCE 55+

A low impact class designed for all fitness levels. Start with a gentle warm-up and learn some of the graceful movements and intriguing rhythms for a gentle full body workout that will strengthen and improve your flexibility.

**DA19 6 Fridays starting Sep. 23**  
4:00-5:00 pm **\$40**

## UNDULATE LIKE A SNAKE

### SMOOTH MOVEMENTS INTENSIVE

Each movement will be broken down while exploring the transition to take you smoothly through the dance. Must have a minimum of 1 session of Level 1 Belly Dance.

**DA09 1 Sunday Oct. 2**  
1:00-3:00 pm **\$25**

## SHIMMY & SHAKE YOUR

### TAIL FEATHERS!

### HIPS & SHIMMIES INTENSIVE

This is an opportunity for you to learn at least a dozen shimmies, plus how to layer them with basic Belly Dance moves. Must have a minimum of 1 session of Level 1 Belly Dance.

**DA48 1 Sunday Oct. 30**  
1:00-3:00 pm **\$25**

## FINDING THE BEAT – RHYTHM INTENSIVE

This workshop will take you through the basics to identifying and understanding some of the most common rhythms used in Egyptian Belly Dance. Level 2 Belly Dance experience a must.

**DA04 1 Sunday Nov. 13**  
1:00-3:00 pm **\$25**

## CARDIO DANCE FIT

This is a low impact cardio class using several types of dance styles: Latin, Hip Hop, Broadway, African & Disco. No dance experience required. This class is all about having fun while you sweat. The time will fly!

**DA27 8 Saturdays starting Sep. 17**  
9:00 am-10:00 am **\$75**

## TWO LEFT FEET

Do you fear the group fitness format? Are you convinced that you are doomed to be klutzy, uncoordinated and always a step behind the group? Does your head believe that you are going to the right when the mirror clearly says that you are going to the left? Then this workshop is for you. We will break it down to the most basic foundational fitness class moves and show you all the tricks to keep you moving with the crowd rather than swimming upstream. We understand your pain!

**DA10 1 Sunday Oct. 2**  
11:00 am - 12:00 Noon **\$20**

# FREE COMMUNITY FORUMS

## WOMEN'S WELLNESS: BE PREPARED A GIRL GUIDE APPROACH TO HEALTHY AGING

This presentation is designed to help women prepare for future health. Based on the latest research it is a fusion of science and holism. Deanne offers information and ideas to help women enjoy physical, spiritual, emotional and mental health throughout the advancing years.

**#CF81 1 Monday Dec. 12** 6:30pm-8:30pm  
ROOM 161 DEANNE RAPACIOLI **FREE**

## WOMEN'S WELLNESS: Q & A ON STAYING FIT AND HOLISTIC WELLBEING

Have questions and want answers regarding women's wellness? Come and ask Deanne! On exercise or physical fitness and activity in aging. What happened to my flexibility? What abdominals? My aching back needs care? Aging well depends on having energy, getting enough sleep, managing stress, avoiding falls and many other things

**#CF86 1 Thursday Sept. 29** 6:30pm-8:30pm  
ROOM 164 DEANNE RAPACIOLI **FREE**

**#CF88 1 Wednesday Dec. 14** 6:30pm-8:30pm  
School Library DEANNE RAPACIOLI **FREE**

## UNDERSTANDING INFLAMMATORY ARTHRITIS

Inflammatory types of arthritis like Rheumatoid Arthritis, Ankylosing Spondylitis, Psoriatic Arthritis and Lupus are severely crimping the lives of many people of all ages. What is inflammatory arthritis? How to understand manage your arthritis?

**#CF53 1 Wednesday Oct. 5** 7:00pm-9:00pm  
ROOM 163 TRISH SILVESTER-LEE **FREE**

## NUTRITION and ARTHRITIS

The Arthritis Society invites you to a free information session to learn how the food you eat might affect your arthritis, get advice on the most sensible diet to follow and answers to the most common questions which people ask about food and arthritis.

**#CF56 1 Wednesday Oct. 26** 7:00pm-9:00pm  
ROOM 163 TRISH SILVESTER-LEE **FREE**

## UNDERSTANDING OSTEOARTHRITIS

The Arthritis Society invites you to learn about this degenerative form of arthritis: how it affects your joints adapting exercise and activities to protect your joints nutrition and weight management for healthy joints

**#CF59 1 Wednesday Nov. 9** 7:00pm-9:00pm  
ROOM 163 TRISH SILVESTER-LEE **FREE**

# FREE COMMUNITY FORUMS

Please Register for FREE classes call 604-517-6345 or online [www.ce40.ca](http://www.ce40.ca)

## MAINTAINING A HEALTHY BACK

Come learn what is needed for achieving and maintaining a healthy back, spine and nervous system. Discover why a back problem may also be a "health problem".

#CF78 1 Tuesday Oct. 18

7:00pm-9:00pm

ROOM 148

WAYNE JAKEMAN

FREE

## CREATING A CUSTOMIZED MEAL PLAN

This workshop is for YOU! You who are out there juggling work, home, school, kids, sports etc. Sydney to the rescue! Come and join Sydney for a fun and informative evening and learn a system that can help you create a flexible personalized schedule\ calendar of meals which can make a busy lifestyle just a little easier. Please bring pencil, eraser, and your recipe box (binder).

#CF31 1 Monday Nov. 14

7:00pm-9:00pm

ROOM 127

SYDNEY MCGILLIS

FREE

## PLANNING AND ADMINISTERING AN ESTATE

Estate planning includes legal and tax consequences of transferring your property, including why you should execute a Will and a Power of Attorney. Administration planning means knowing your legal and tax responsibilities as an Executor and a Trustee - including your obligations to the beneficiaries. Your instructor is an experienced lawyer.

#CF24 1 Thursday Sept. 29

7:00pm-9:00pm

School Library

KEVIN WESTWOOD

FREE

## PERSONAL INJURY CLAIMS - WHAT DO YOU NEED TO KNOW?

As the innocent victim of a car crash in BC, you will find yourself dealing with the Insurance Corporation of British Columbia (ICBC). This lecture is presented in a simple and straightforward way to help you understand the complicated legal relationship between yourself and ICBC. You need to know your rights and responsibilities as well as those of ICBC. This lecture will help you develop an understanding of the roles played by ICBC's adjusters, investigators and lawyers, as well as that of the careless driver and the legal system.

#CF22 1 Thursday Oct. 20

7:00pm-9:00pm

ROOM 164

CAMPBELL, RENAUD

FREE

## REAL ESTATE FOR INVESTMENT

Learn the ins and outs of buying an investment property from industry experts. This to-the-point presentation guides you through the steps involved in finding and buying the right investment property, qualifying for a mortgage, how your credit scores are calculated and other helpful home buyer information for the purpose of investment and reselling. You will learn how to find an ideal investment property and where are the most profitable areas to invest. Thinking of flipping or buying and renting for investment? Looking for ways to increase capital for your children's education or your retirement?

#CF93 1 Wednesday Sept. 28

7:00pm-9:30pm

ROOM 164

PAULINE PROBYN, B.A. &

MARGARET DRON

FREE

## THE INS AND OUTS OF BUYING A CONDO OR TOWNHOUSE

Find out the top mistakes that buyers make when purchasing a strata property. Learn about strata rules/bylaws, financial statements and the home buying process. Understand buyer's responsibilities before and after the sale. Should you buy a previously leaky condo? In a building with rental restrictions? Pets? Learn how to secure your financial future by building your equity and the most common areas for strata legal disputes with an experienced Realtor®, Mortgage Broker and Legal Professional -- Pauline Probyn, B.A., Isabelle Bertrand, B.B.A., Jamie Woods, B.A., LLB.

#CF91 1 Tuesday Oct. 18

7:00pm-9:30pm

ROOM 161

PAULINE PROBYN, B.A.

FREE

## SELLING YOUR HOME WITH A REALTOR

Let a local realtor share her tips, advice and proven marketing strategies with you! Tracey's goal is to assist you with selling your home with the least amount of stress or inconvenience. Come to this welcoming, no pressure information session and take away with you many helpful tips and ways to achieve your real estate goals!

#CF87 1 Monday Sept. 26

7:00pm-8:00pm

ROOM 133B

TRACEY DAVIES

FREE

## UNDERSTANDING MORTGAGES AND YOUR CREDIT HISTORY

An independent mortgage broker explains the ins and outs of getting the right mortgage and the importance of your credit history. Both first time home buyers and long-time homeowners will learn about mortgage types and features, managing debts and developing sound financing strategies. Attendees will also learn how to check their credit history, how credit scores are calculated and how to reestablish credit.

#CF03 1 Wednesday Oct. 5

7:00pm-9:30pm

School Library

INGRID FAISAL

FREE

## WHAT EVERY LANDLORD AND TENANT NEEDS TO KNOW

What Every Landlord and Tenant Needs to Know - Rights and Responsibilities. Have you ever wondered how and why a landlord can retain a tenant's security deposits? How many times a landlord can enter a tenant's unit? Or who is responsible for washing the windows? In this workshop we will review the rights and responsibilities of both landlords and tenants from before you rent to after the tenancy ends. You will have the opportunity to share your experiences and ask questions using your real life examples.

#CF30 1 Wednesday Oct. 12

7:00pm-9:00pm

School Library

RESIDENTIAL TENANCY BRANCH

BC GOVERNMENT

FREE

## NOT READY TO RETIRE?

Are you looking for work and don't know where to start? This workshop is for you! Many mature British Columbian workers would love to stay connected to the workplace, but may need a little assistance with the basics. This session will provide a career expert's insights on today's economy and how to make the transition back to employment. The Workshop will include: tips on how to access the hidden job market, internet and local employment resources, current 'hot' demand occupations, interview preparation and resume presentation. Session offered by RDK Career Services Inc., an organization offering employment services since 1987

#CF40 1 Tuesday starting Oct. 18

7:00pm-9:00pm

ROOM 163

WENDY WAITE

FREE

# FOODSAFE / GARDENING / MUSIC

## FOODSAFE: LEVEL 1

Age 15+. Designed for those who are employed or seeking employment as restaurant staff, caterers, vendors or anyone handling food. This course covers procedures for preventing food-borne illnesses. Topics include: receiving, storing, preparing and serving of potentially hazardous foods, hygiene, cleaning/sanitizing equipment and workplace safety. Upon successful completion, participants will be registered with the Fraser Health Authority and receive a **FOODSAFE CERTIFICATE**. Handbook included. Please bring a lunch.

#FO17 1 Saturday Oct. 15

8:00am-3:30pm ROOM 133B  
DEAN SCOVILL \$90

#FO16 2 Mondays starting Nov. 14

6:00pm-10:00pm ROOM 187  
DEAN SCOVILL \$90

## FOODSAFE: LEVEL 2

Prerequisite: Level 1. For those already employed, this is a great opportunity to seek promotions/raises. Join those who have benefited from this cutting-edge information on advanced procedures of safe food handling. We explore emerging pathogenic microorganisms, procedures for handling a food poisoning complaint, infestation control, economics of a sanitary premises, design and maintenance, hazard analysis critical control points (safety measures incorporated in high risk food recipes), etc. Upon successful completion, participants will receive an **ADVANCED FOODSAFE CERTIFICATE** issued by the Ministry of Health. Manual is included.

#FO90 3 Wednesdays starting Oct. 12

6:30pm-9:30pm ROOM 187  
DEAN SCOVILL \$90

## GARDENING

### LANDSCAPE DESIGN AND INSTALLATION

If you are considering renovating your garden or starting from scratch, this course is for you. Autumn is a good time to start planning. Join Vern as he talks about sidewalks, patios, retaining walls and other landscaping features. Trees and shrubs, fences vs. hedging, and planting for colour and design. Brief look at water features. Please bring pencil, eraser, ruler, paper and colour pencils.

#GL44 2 Thursdays starting Oct. 13

7:00pm-9:30pm ROOM 169  
VERN STAPLES \$56

### HOW TO GET THAT

### LAWN BACK IN SHAPE

Tonight we'll look at various simple steps to take throughout the year to get your lawn back into shape. We will cover mowing, feeding, seeding, etc.

#GL20 1 Wednesday Oct. 5

7:00pm-9:00pm ROOM 172  
CONWAY LUM \$20

### TAME THE WILD SIDE THROUGH PRUNING

We'll take a look at various principles of pruning to get your plants and shrubs into proper size.

#GL30 1 Thursday Oct. 27

7:00pm-9:00pm ROOM 172  
CONWAY LUM \$20

### GET YOUR GARDEN READY FOR THE WINTER FREEZE

Did you have problems with plants getting damaged last winter? We will look at some different options to prepare your garden for winter.

#GL40 1 Wednesday Nov. 2

7:00pm-9:00pm ROOM 172  
CONWAY LUM \$20

## ACOUSTIC GUITAR

### ACOUSTIC GUITAR: BEGINNERS

This course is for absolute beginners who have never played guitar before. Learn basic chords, strumming patterns and finger picking patterns, along with the fundamentals of music theory for guitar (such as how to read guitar tablature and chord music). Students will also learn folk and rock songs by artists like Bob Dylan and Neil Young to get them started on their new-found musical journey. How to re-string and maintain your guitar will also be covered. Practicing throughout the week will ensure further growth, but is not required for participation in course. (Enter from back of Massey Wing – gym.)

#GU10 8 Tuesdays starting Sept. 27

6:00pm-7:00pm ROOM 203  
PETER ZAENKER \$96

#GU20 8 Tuesdays starting Sept. 27

7:00pm-8:00pm ROOM 203  
PETER ZAENKER \$96

#GU20 8 Tuesdays starting Sept. 27

7:00pm-8:00pm ROOM 203  
PETER ZAENKER \$96

### ACOUSTIC GUITAR: ADVANCED

This course is for those who have taken Acoustic Guitar level 1 or its equivalent. Single-note playing will be introduced.

#GU30 8 Tuesdays starting Sept. 27

8:00pm-9:00pm ROOM 203  
PETER ZAENKER \$96

## ELECTRIC GUITAR

### ELECTRIC GUITAR: BEGINNERS

This course is for absolute beginners who are interested in learning the electric guitar, as well as students with some acoustic guitar experience interested in playing electric guitar style. Throughout the 8-week course students will learn various components of electric guitar playing, such as power chords, barre chords, scales, riffs and basic improvisation. The course will focus mostly on rock music, but may also branch out into other territories such as blues, jazz, country and alternative music where the electric guitar has also had an important role. Bring your guitar and amplifier if you have them.

#GU50 8 Thursdays starting Sept. 29

8:05pm-9:05pm ROOM 203  
DANIEL KARRASCH \$96

### ELECTRIC GUITAR: CONTINUATION

This course is for those who have taken the Electric Guitar beginners or its equivalent. Bring your guitar & amplifier.

#GU51 8 Mondays starting Sept. 26

8:05pm-9:05pm ROOM 203  
DANIEL KARRASCH \$96

## INTRO TO READING MUSIC AND GENERAL MUSICIANSHIP



This course is designed for the absolute beginner, no previous knowledge necessary, with the intention of building basic musicianship skills. Over the course of 8 weeks, various musicianship topics will be covered, including learning to read notes, understanding different keys, basic music theory, and fundamental oral and aural (ear training) exercises. It should be noted that this course is not designed to teach you any instrument in particular (though examples will be given on piano or guitar). Instead, you will be learning valuable musical skills that can be translated to any instrument or simply enjoyed from the perspective of the music listener.

#GU78 8 Thursdays starting Sept. 29

6:30pm-8:00pm Room 203 DANIEL KARRASCH \$160

## INTRO TO READING MUSIC AND GENERAL MUSICIANSHIP NEW! LEVEL 2 – A CONTINUATION

#GU79 8 Mondays starting Sept. 26 (No class October 10<sup>th</sup>)

6:30pm-8:00pm Room 203 DANIEL KARRASCH \$160



# HEALTH / PERSONAL WELLNESS

## ANAPHYLAXIS TRAINING

Awareness of anaphylaxis has grown significantly in schools, municipal recreation and the general public. Course includes hands-on practice with the Epi-Pen and Twinject Training units.

**#HS84** 1 Tuesday Nov. 22

7:00pm-9:00pm

ROOM 133B

MARIE PREISSEL, RN

\$15

## BABYSITTING COURSE

What every Babysitter should know. This course is designed to teach young people ages 11 and older how to babysit children and infants. The course will enhance knowledge of safety, responsible babysitting and will develop skills to cope with common emergencies. Students who successfully complete the program will be issued a certificate of completion. 1/2 hour lunch break. Please bring a lunch.

**#HS25** 1 Saturday Oct. 15

9:00am-3:30pm

ROOM 123

ST. JOHN AMBULANCE

\$55

## EMERGENCY FIRST AID - COMMUNITY CARE

Effective October 1, 2009, the Emergency First Aid - Child Care and Emergency First Aid - Adult Care courses have been combined into the Emergency First Aid - Community Care course. This course is designed for people working in a licensed child and adult care facilities or for anyone providing care for infants, children and adults. This course meets the first aid requirements under the Ministry of Healthy Living and Sport - Community Care Licensing Branch, Canada Labour Code Basic First Aid. This course is not recognized as an equivalent to Work Safe BC Occupational Level 1 First Aid. Upon successful completion of this course participants will receive a 3-year St. John Ambulance Emergency First Aid - Community Care certificate. 2 sessions

**#HS54** Mon. Nov. 21 & Wed. Nov. 23

6:00pm-10:00pm

School Library

ST. JOHN AMBULANCE

\$95

## SAVE THAT CHILD

Offered in cooperation with St. John Ambulance Association. Learn how to handle common emergencies involving children and infants: how and when to call an ambulance, save a choking baby or child, restore breathing and circulation, control bleeding, treat poisons and manage cuts and burns.

**#HS82** 1 Saturday Oct. 15

9:00am-1:00pm

School Library

ST. JOHN AMBULANCE

\$48

## STANDARD FIRST AID WITH CPR AND AED

Offered in cooperation with St. John Ambulance Association. This is a new course offering the use of the AED, a machine that provides a shock of electrical energy to re-start the heart. This course is designed to provide comprehensive first aid and CPR training for all ages which can be applied in an emergency. Topics include: artificial respiration, CPR, severe bleeding, bone and joint injuries and more. Upon completion of the course students will receive a St. John Ambulance Standard First Aid with CPR-C and AED (3 year) certificate and a CPR-C with AED certificate. No class October 10.

**#HS12** 6 Mondays starting Oct. 3

6:30pm-9:30pm

School Library

ST. JOHN AMBULANCE

\$135

## BRAIN FITNESS: AVOIDING THOSE "SENIOR MOMENTS"

Come discover how to look after your brain and keep your memory sharp until the day you die. Find out what all the researchers are saying about protecting and building your brain power. Come learn how to learn better. We will also discuss Alzheimer's Disease -- a massive challenge for our society.

**#HS81** 1 Thursday Oct. 27

7:00pm-9:00pm

ROOM 148

WAYNE JAKEMAN

\$25

## THREE SECRETS TO STRESS MANAGEMENT

In today's world it is 24-7 and it is killing us. Come learn what it does to us and, more importantly, what we can do to minimize the effects of stress in our lives. Discover the tools needed to thrive in today's stress-filled world.

**#HS83** 1 Wednesday Nov. 2

7:00pm-9:00pm

ROOM 149

WAYNE JAKEMAN

\$25

## HEALTHY LIVING: LIVE TO 100

Understand the theories of aging and how and why people are living longer. During this workshop Dr. Wayne will discuss the researched techniques which have been shown over and over again to increase the quality of human life and thus the quantity of life. Learn how to live without any limits beyond 100. Live Like You Mean It!

**#HS85** 1 Tuesday Dec. 6

7:00pm-9:00pm

ROOM 148

WAYNE JAKEMAN

\$25

## EAT WELL TO LIVE WELL

Tonight we'll explore nutrition, weight loss and eating for maximum health and performance. By eating the right foods at the right time in the right combinations and amounts -- for you specifically -- you can be ensured a vibrant life. Find out what research is telling us about diet and the chronic diseases that are killing us, specifically diabetes, cancer, arthritis, heart disease and Alzheimer's Disease.

**#HS79** 1 Wednesday Oct. 12

7:00pm-9:00pm

ROOM 149

WAYNE JAKEMAN

\$25

## PERIMENOPAUSE/MENOPAUSE

Perimenopause/menopause & bioidentical hormone options. As women age, symptoms of PMS, perimenopause and menopause can indicate hormone imbalances. Find out how to check your hormone levels and what your options are to regain balance and improve energy, mood, weight issues and general sense of wellbeing. In recent years, bio-identical hormones have become more popular. Find out what they are, and how they can be integrated into a program to help you become healthier.

**#HS57** 1 Tuesday Oct. 11

7:00pm-9:00pm

ROOM 163

ISIS VAN LOON

\$25

## LIVING WITH STRESS

Stress. We all feel it. Helpful tips for living a low stress healthy lifestyle. Improve your relationships. We seem to have more demands on us than ever, and less time to look after ourselves. What are the consequences of living with stress, and what are some simple, natural approaches to improving your ability to deal with it?

**#HS56** 1 Tuesday Oct. 25

7:00pm-9:00pm

ROOM 163

ISIS VAN LOON

\$25

## METABOLIC SYNDROME **NEW!**

This is why some people can't lose weight. Sugar and carb cravings, changes in blood pressure, blood sugar and cholesterol levels, low energy, abdominal weight gain -- all of these may be caused by metabolic syndrome, an imbalance in normal body function. Learn what metabolic syndrome is, what causes it and, most importantly, how to support your body in reversing this common problem.

**#HS62** 1 Thursday Nov. 3

7:00pm-9:00pm

ROOM 148

ISIS VAN LOON

\$25

# HEALTH / PERSONAL WELLNESS

## PAIN MANAGEMENT

This is a workshop for those who suffer with chronic & acute pain and also for those who have someone in their life suffering with chronic pain. Learn about the physical and emotional consequences of chronic pain along with an overview of a variety of coping techniques.

**#PE14** 1 Tuesday Oct. 4

7:00pm-9:00pm

ROOM 133B

MARIE PREISSEL, RN

\$27

## THERAPEUTIC TOUCH: LEVEL 1

Marie Preissl is a registered nurse who has been teaching Therapeutic Touch for 29 years. Marie trained in Therapeutic Touch in workshops with Dr. Delores Krieger and Dora Kunz. Therapeutic touch is currently being practiced in hospitals to induce deep relaxation and re-balancing of a person's energy field and back to wellness. Use your hands to help and heal physical and emotional pain. This ability is a natural potential in all human beings. You will experience sending and receiving energy. This is not a massage course but works well as an adjunct with massage. A certificate will be issued at the end of the 4th session (12 hours).

**#PE36** 4 Wednesdays starting Sept. 28

7:00pm-10:00pm

ROOM 133B

MARIE PREISSEL, RN

\$75

## THERAPEUTIC TOUCH: LEVEL 2

Prerequisite: Level 1. The overall goal of these workshops is to assist practitioners in deepening their understanding of Therapeutic Touch and themselves as healers. Will include meditation to create a centered experience, use of intention, safety for self and healer, using imagery with T.T., some specifics for working on very sick people. Current research will be discussed. Ample time will be allowed for practice.

**#PE35** 4 Wednesdays starting Oct. 26

7:00pm-10:00pm

ROOM 133B

MARIE PREISSEL, RN

\$75

## THERAPEUTIC TOUCH: LEVEL 3

Prerequisite: Levels 1 and 2. This in-depth course will integrate all phases of Therapeutic Touch and their relationship between energy centers and human energy fields. We will focus on the intuitive processing for healing. Current research will be discussed. Ample time will be allowed for practice.

**#PE33** 4 Wednesday starting Nov. 23

7:00pm-10:00pm

ROOM 133B

MARIE PREISSEL, RN

\$75

## LIFTING YOUR DEPRESSION

If you suffer from depression or are depressed or even out of sorts, then this class is invaluable to you! Do you feel tired all the time? Sometimes fatigue and a lack of energy can be a subtle symptom of depression. Learn about the various strategies for overcoming the lack of energy associated with depression. A 6-step program to wellness. Each step thoroughly researched is and of itself highly effective in treating depression.

**#PE74** 1 Tuesday Oct. 25

6:30pm-9:30pm

ROOM 133B

MARIE PREISSEL, RN

\$30

## CREATIVE VISUALIZATION

Visualization is a powerful tool for manifesting what you want. Learn the rules for effective visualization and how and why it works. The applications are many: problem solving, stress reduction, non-smoking, goal setting, health problems, weight control, self-esteem, etc.

**#PE01** 1 Tuesday Nov. 15

6:30pm-9:30pm

ROOM 133B

MARIE PREISSEL, RN

\$30

## DEALING WITH ANXIETY ATTACKS

Thousands of North Americans are affected by panic attacks to some degree. Learn excellent self-help tools to understand and cope with this problem and to take control of your life again. By changing the inner attitudes of our minds we can change the outer aspects of our lives. A suggestion: affirm before you come to class that you will be in a safe environment and that you will be in marvelous control of your personal self. After one session with Marie people are able to control their anxiety despite upcoming stressful events.

Classes held in safe environment.

**#PE42** 1 Tuesday Oct. 18

7:00pm-9:00pm

ROOM 133B

MARIE PREISSEL, RN

\$27

## RELEASING PAST TRAUMAS

Often following physical trauma our bodies hold onto their pain, swelling, stiffness, etc. Despite ongoing various therapies these physical traumas could be the result of an industrial accident, car accident, sport injury or even abuse. The techniques presented in this course have also been effective for emotional trauma and for people who have had pain for 20 years.

**#PE19** 1 Tuesday Nov. 1

7:00pm-9:00pm

ROOM 133B

MARIE PREISSEL, RN

\$27

## SELF-HELP FOR INSOMNIACS

Up to 40% of all adults have difficulty sleeping. In this class you will learn the underlying causes of insomnia as well as various relaxation and visualization techniques to help you achieve physical comfort and mental security - both essential for a good night's sleep. Techniques work well even for those who have been insomniacs for decades.

**#PE11** 1 Tuesday Sept. 27

7:00pm-9:00pm

ROOM 133B

MARIE PREISSEL, RN

\$27

## COPING WITH A BREAKUP OR DIVORCE **NEW!**

Moving on and recovering from a breakup, divorce or separation is stressful, emotional and difficult. It's a life-changing event which launches us into uncharted territory. There are things you can do to get through this difficult time. Learn from the experience and grow into a stronger, wiser person. Remind yourself that you can and will move on. Learn to be patient with yourself.

**#PE84** 1 Thursday Oct. 6

7:00pm-9:30pm

ROOM 148

JANYSE HRYNKOW, MA

\$42

## CHILDREN AND DIVORCE **NEW!**

For children at any age, divorce can be sad and confusing. Learn to make the process and its effects less painful for your children. Jaynse will share the many ways you can help your kids adjust to separation or divorce. Children count on stability, structure and care. Patience and reassurance can minimize tension as children learn to cope with new circumstances.

**#PE85** 1 Thursday Oct. 13

7:00pm-9:30pm

ROOM 148

JANYSE HRYNKOW, MA

\$42

## DEALING WITH JEALOUS PEOPLE **NEW!**

Let's face it, you can't go through life without encountering some jealous people along the way. Dealing with jealous people can be quite challenging and exhausting, especially if you have to do it on a daily basis. Jealousy has the ability to destroy relationships. Learn simple steps how to handle a jealous person, whether it is a lover, friend or coworker.

**#PE87** 1 Thursday Nov. 3

7:00pm-9:30pm

ROOM 149

JANYSE HRYNKOW, MA

\$42

# HEALTH / PERSONAL WELLNESS

## STRESS REDUCTION WITH MINDFULNESS

Are you burned-out, agitated, irritable, unable to concentrate or sleep? Learn mindfulness techniques that are scientifically & clinically shown effective in reducing stress and protect yourself from damaging effects of stress like heart disease, high blood pressure, accelerated aging, anxiety, depression, anger, forgetfulness and sleep disorder. The class will also present the techniques and tips to help overcome obstacles during your mindfulness practice

**#PE56** 1 Saturday Oct. 15  
9:00am-4:00pm ROOM 224  
SUNG YANG \$59

## MINDFUL WALKING **NEW!**

We are often absent during our walks, lost in thoughts about the past and future rather than attentive to our walking in the present moment. You will learn how to practice mindfulness using various techniques while walking to bring your mind back to the present moment.

**#PE60** 1 Tuesday Sept. 27  
7:00pm-8:30pm ROOM 163  
SUNG YANG \$18

## MINDFUL EATING **NEW!**

Do you eat to fight boredom, stress, loneliness or a negative mood? Do you eat without experiencing the taste? The practice of mindful eating provides an opportunity to develop a healthy eating habit for care of the body and mind. In this casual class you will learn how to eat food mindfully. Bring your own food.

**#PE58** 1 Tuesday Oct. 4  
7:00pm-8:30pm ROOM 163  
SUNG YANG \$18

## FENGSHUI FOR SELF-IMPROVEMENT

Learn how to balance your environment by applying Five Element theory and harmonize with others using colour and auspicious ornament placement. Bring your birth-time to class to help instructor personalize your Chinese energy chart.

**#PE61** 1 Saturday October 15  
9:00am-3:30pm ROOM 228  
SUNG YANG \$45

## JOURNEY TO THE CHRISTIAN **NEW!** HEART THROUGH JOURNALING

Rediscover your faith with more depth and impact by using this simple 5-step process that uses both the heart and the mind together. Please bring your own bible and concordance. SketchaJournal included.

**#PE48** 1 Saturday Oct. 15  
9:30am-4:00pm ROOM 149  
DIANE DOYLE \$68

## JOURNALING: EMBRACING TRANSITIONS IN YOUR LIFE

We all go through change, loss and grief in our lives. The most difficult times are when we do not have a choice about how things are unfolding in our lives. Sometimes the most recent change is accumulated with past changes that intensify feelings. Learn to identify what is from your past, where you have healed and how to draw from your past strength to build a strong foundation for your future. Four journaling tools are taught and practiced to build resilience and strength. Transition SketchaJournal included in fee.

**#PE44** 3 Thursdays starting Sept. 29  
7:00pm-9:30pm ROOM 149  
DIANE DOYLE \$78

## DISCOVER YOUR LIFE PURPOSE THROUGH JOURNALING

Feeling lost or unfulfilled? Create a personal vision statement for your life. Identify your motivation, values, qualities and talents. Find out what brings you meaning and fulfillment. Align with your life purpose and you'll find your passion and personal power. Watch your energy, health and peace of mind improve by using journaling tools that create clarity, meaning, and ownership for each decision that you make. Learn and practice four new journaling tools that will make a difference in your life.

SketchaJournal included in fee.  
**#PE43** 1 Tuesday Sept. 27  
6:30pm-9:30pm ROOM 149  
DIANE DOYLE \$42

## LEARN ABOUT YOUR COLOUR, CHAKRA & AURA

Includes colour aura picture, chakra analysis and reference material. This class teaches about Auras and Colour. Mary Jane is a Holistic Colour Consultant, using colour therapy to teach students what the colours of their aura mean. By incorporating the Biopulsar-Reflexograph, which is the newest in European computerized biofeedback aura testing, it is possible to see your energy in colour and you can learn how to improve your health, your mind and your spirit by understanding the aura colours you are vibrating out into the world. Have fun and learn more about you and see your own aura energy. Please bring \$5 for workbook (pay instructor). Please bring a yoga mat, if possible, and a lunch.

**#PE21** 1 Saturday Oct. 15  
9:30am-4:00pm ROOM 117  
MARY JANE GOTTSCHLAG \$53

## CRYSTALS, GEMS **NEW!** AND CHAKRAS

Join rock hound and colour therapist Mary Jane for a new moon night of fun as you explore the world of gemstones. Discover the holistic healing properties of 10 chakra gems that will be discussed in this workshop. Bring a yoga mat and your favorite stone as the class will practice a crystal lay-out.

Reference materials will be provided.  
**#PE76** 1 Wednesday Oct. 26  
7:00pm-9:30pm ROOM 164  
MARY JANE GOTTSCHLAG \$20

## ANGELS AND GUIDES

Every human has a Guardian Angel and Guides. We will discuss the ways in which they relate to each other and help us humans through, for example, coincidences and direction in emergencies. Participants will be encouraged to share and discuss their experiences of angels, guides and unexplainable events.

**#LA86** 1 Tuesday Nov. 1  
7:00pm-9:00pm ROOM 148  
MALCOLM SMITH \$27

## PENDULUM DOWSING

Three methods of working with your pendulum are explored: testing environmental energy, various ways to get a "yes" or "no" answer and conversations with your Guides. A simple pendulum and charts will be provided.

**#LA87** 1 Tuesday Nov. 8  
7:00pm-9:00pm ROOM 148  
MALCOLM SMITH \$27

## THE DUAL HUMAN

Out of body trips are cited as evidence that the human spirit is a sentient being that plans, thinks and remembers independently of the body. In this talk the human quantum field will be described as the home of the spirit which acts as the "driver" of the body.

**#LA90** 1 Tuesday Nov. 15  
7:00pm -9:00pm ROOM 123  
MALCOLM SMITH \$27

## CREATING WITH STAR ENERGY

The origin of star energy and its devolution through stars, sun and planets to Earth will be described. Star energy feeds the cosmic lattice that artists, musicians and inventors go to for inspiration and with which all humans connect for creation of their day-to-day existence via the law of attraction.

**#LA91** 1 Tuesday Nov. 22  
7:00pm-9:00pm ROOM 148  
MALCOLM SMITH \$27



# LANGUAGES

## FRENCH: LEVEL 1

These sessions will cover basic conversational skills, pronunciation and beginner vocabulary. For those who have no French or very basic French. Useful for travel in French-speaking countries and conversing with neighbours and friends. Text included in course.

#LN12 8 Mondays starting Sept. 26  
6:30pm-8:00pm ROOM 123  
BEAU GABINIEWICZ \$89  
*No class October 10<sup>th</sup>*

## FRENCH: LEVEL 2

A continuation of Level 1 French using the same textbook.

Text available to purchase (\$22).

#LN16 8 Mondays starting Sept. 26  
8:05pm-9:35pm ROOM 123  
BEAU GABINIEWICZ \$69

## SPANISH: LEVEL 1

Achieve a basic degree of fluency and understanding. Your visit to a country where Spanish is spoken will be greatly enhanced by your ability to converse with the native people. Text included.

#LN43 8 Mondays starting Sept. 26  
6:30pm-9:00pm ROOM 160C  
MAGDALENA HANSEN \$99  
#LN15 8 Tuesdays starting Sept. 27  
6:30pm-8:00pm ROOM 121  
JAMES STOCCO \$89  
#LN92 8 Wednesdays starting Sept. 28  
6:30pm-9:00pm ROOM 161  
MAGDALENA HANSEN \$99

## SPANISH: LEVEL 2

A continuation of Level 1 Spanish using the same text.

Text available to purchase (\$22).

#LN22 8 Tuesdays starting Sept. 27  
8:00pm-9:30pm ROOM 121  
JAMES STOCCO \$68

## ITALIAN: LEVEL 1

A beginner's course in conversational Italian that allows you to carry on a conversation with neighbours, family or when travelling. Text included in course..

#LN26 8 Thursdays starting Sept. 29  
6:30pm-8:00pm ROOM 121  
JAMES STOCCO \$88

## ITALIAN: LEVEL 2

A continuation of Level 1 Italian using the same textbook.

Text available to purchase (\$22).

#LN29 8 Thursdays starting Sept. 29  
8:00pm-9:30pm ROOM 121  
JAMES STOCCO \$68

## AMERICAN SIGN LANGUAGE FOR BEGINNERS

Join Ryan as he provides students with an opportunity to learn sign language skills and vocabulary. ASL (American Sign Language) is used by our deaf community. This course will help you to communicate with your family, friends and community members. This is not a certification course.

#LN33 8 Wednesdays starting Sept. 28  
6:30pm-9:30pm ROOM 160C  
RYAN OLLIS \$150

## GERMAN: LEVEL 1

Learn basic conversation to get along in everyday situations. This class will help with business, travel or pleasure - understand basic grammar and vocabulary, sounds and letters. Instructor will provide lesson material (included in course fee).

#LN27 8 Thursdays starting Oct. 6  
7:00pm-9:30pm ROOM 128  
URSULA UHLMANN \$70

## CHINESE MANDARIN: LEVEL 1

Mandarin is the official language of China and Taiwan and is now the official language of Hong Kong. Come and learn the Roman alphabet as a basis for reading. This alphabet will help students with pronunciation and conversation.

#LN18 8 Tuesdays starting Sept. 27  
7:00pm-9:00pm ROOM 268  
YAN SUN \$65

## CHINESE MANDARIN: LEVEL 2

Continue to study Mandarin. You will improve your pronunciation and gain more knowledge of the culture.

#LN21 8 Thursdays starting Sept. 29  
7:00pm-9:00pm ROOM 268  
YAN SUN \$65

## JAPANESE: LEVEL 1

This course is designed for those who have an interest in the Japanese language and culture, as well tourists visiting Japan. You will learn greetings, basic conversation, grammar, vocabulary and an introduction to Hiragana characters. The material will be presented using visual aids & using the textbook "Ganbatte! Vol. 1" is included.

#LN17 8 Tuesdays starting Sept. 27  
7:00pm-9:30pm ROOM 117  
AKIYO HORIE \$99

## JAPANESE: LEVEL 2

A continuation for those who have completed Level 1 or the equivalent.

#LN37 8 Thursdays starting Sept. 29  
7:00pm-9:30pm ROOM 117  
AKIYO HORIE \$99

## RUSSIAN: LEVEL 1 **NEW!**

This course is intended for students who have no previous knowledge of the Russian language. This course emphasizes reading, writing, speaking, listening skills and Russian culture and traditions. Grammar will be presented as a necessary tool for communication. All levels are welcome -- if you speak Russian and want to improve, you are invited to register as well.

#LN85 8 Wednesdays starting Sept. 28  
7:00pm-8:30pm ROOM 127  
LIUDMILA RODOVA \$65

## PORTUGUESE: LEVEL 1 **NEW!**

This course is for those who want to expand their horizons by visiting a Portuguese-speaking country such as Brazil, Portugal or parts of Africa. During our fun and dynamic course you will learn how to greet people and make simple conversations, which will make your trip so much better. Even if you are not planning a trip and just want to learn a new language and culture, you are welcome to this course.

#LN68 8 Wednesdays starting Sept. 28  
7:00pm-9:00pm ROOM 148  
FLAVIA MARTINS \$69

## TAGALOG: LEVEL 1 **NEW!**

Filipino (Tagalog) is the national language of the Philippines and the cultural thread that keeps Filipinos all over the world in touch with their roots. Tagalog is the lingua franca of Filipinos anywhere in the world. Most Southeast Asian scholars use Tagalog as a tool for research in the Philippines. It is the language of major works in literature and that of Philippine films and songs.

#LN41 8 Thursdays starting Sept. 29  
7:00pm-9:30pm ROOM 227  
FE ANDAYA \$74

## PUNJABI: LEVEL 1 **NEW!**

This course will provide an introduction to conversation in Punjabi. It is appropriate for people working with Punjabi-speaking clients and those who have an interest in Punjabi culture and language. Basic vocabulary and common sentence patterns used in daily conversation will be taught. No class October 10.

#LN87 8 Mondays starting Sept. 26  
7:00pm-8:30pm ROOM 265  
SHARMINDER THIND \$65

# LEISURE



## BOATING BASICS

The Pleasure Craft Operators Card (PCOC) is issued by Canadian Coast Guard accredited providers. Burnaby Squadron of Canadian Power and Sail Squadrons will hold a one-day course in cooperation with New Westminster Night School Programs to provide the PCOC. No prerequisites are needed. The 50-question multiple choice test is in English and will be administered by the end of the day. Suitable for motivated students aged 12 to 82+. This PCOC is good for life and is also valid in the USA. Registration is the official application for the PCOC. *At the beginning of class, students must show the instructor photo ID with date of birth* (driver's license or school ID cards are okay). The PCOC must be carried like a car driver's license by anyone operating a powered vessel in Canada. "Power" means any motor, including small electric motors. All boat operators must carry the PCOC now (human powered canoes, kayaks, rafts, etc. are exempt...unless motorized). The fine for not producing it to enforcing officers is \$250. **Please bring photo ID, pen, pencil with eraser and a lunch/water.**  
**#LA04** 1 Saturday starting Oct. 15  
 8:00am-4:00pm ROOM 164  
 JACK WAINWRIGHT \$88

## BRIDGE: ABSOLUTE BEGINNER

Everybody's playing bridge - but you? Join Sally for a three hour workshop of no bidding bridge. Total beginners welcome. Learn the basics of bridge play in a fun and relaxing atmosphere. For students wanting to learn more, a book will be available for purchase.  
**#LA83** 1 Tuesday November 1  
 6:30pm - 9:30pm ROOM 265  
 SALLY CRAIG \$27

## BRIDGE: BASIC BIDDING LEVEL 1

Geared for students who know the mechanics and need to review bidding. Emphasis will be on learning/updating your bidding. Review the basics and play for fun. (6 sessions - twice a week)  
**#LA82** 3 Mon & 3 Wed starting Nov. 28  
 6:30pm-8:30pm ROOM 265  
 SALLY CRAIG \$60

## BRIDGE: BASIC BIDDING LEVEL 2

A continuation of Basic Bidding Level 1 and a refresher for Basic Bridge Level 2 players. (6 sessions - twice a week)  
**#LA84** 3 Tues & 3 Thurs starting Nov. 29  
 6:30pm-8:30pm ROOM 265  
 SALLY CRAIG \$60

## INTRO TO GENEALOGY

Who Are Your Ancestors? How and where did they live? Ever considered learning more about your family history? Techniques and ideas which will hopefully get you started on your way to a fulfilling lifetime of tracing your family tree. This class will help you learn how to begin your hunt, introducing you to the resources available for performing genealogical research. Join Diane for questions and answers in demystifying genealogy.  
**#LA93** 2 Thursdays starting Oct. 6  
 7:00pm-9:30pm ROOM 164  
 DIANE ROGERS \$47

## DREAMS AND THEIR MEANINGS

Dreams are the messages that are the solutions to the problems we have in mind. Lucid dreams, repetitive dreams and nightmares all play a role in our health and enjoyment of our daily life. It is the interpretation of each dream, whether it be yours or a friend's, that is the key to unlocking one of life's mysteries that opens the door to a much fuller existence.  
**#PE53** 2 Mondays starting Oct. 24  
 7:00pm-9:30pm ROOM 148  
 BRYAN DOYLE \$49

## INTUITION: LEARN TO USE IT

Use your intuition to enlighten your life's needs and desires. We are all intuitive. This class is designed to nurture our capabilities so that we no longer feel as though we are pulling on push doors. Your energies will be aligned so that your truth, and therefore healing, will increase to it's natural level through using visualization and imagination to coordinate the left and right brain hemispheres.  
**#PE22** 1 Saturday Oct. 15  
 9:30am-3:30pm ROOM 223  
 BRYAN DOYLE \$69

## THE TAROT

The Tarot can tell us what we are thinking and feeling and what goes on around us. Together we follow the journey of the fool through the major arcana, meet the "Children of the Rota" and define the meanings of the "Pip" cards. You will learn different layouts, how to shuffle, bless, protect and handle your cards. Samples will be available to view and work with, but bring yours along if you have them.  
**#LA44** 3 Thursdays starting Oct. 20  
 7:00pm-9:00pm ROOM 265  
 JULLIN \$45

## INTRO TO NUMEROLOGY

Everything in life is veiled in numbers! Find out why you are here on earth, what is in a name, what your purpose or mission is and how far through a cycle you are. Join Jullin as she unravels the secrets of numerology and apply it to the everyday.  
**#LA96** 2 Tuesdays starting Oct. 4  
 7:00pm-9:00pm ROOM 148  
 JULLIN \$30

## INTRO TO TEA LEAF READING

Tea leaf reading is a skill anyone can master. Simply pour yourself a cup of tea and pull up a chair. You will quickly learn how to interpret the arrangement of leaves and "read the story". You will also develop your innate psychic ability & give yourself a clearer understanding of life's mysteries!  
**#LA97** 1 Thursday Nov. 10  
 7:00pm-9:00pm ROOM 149  
 JULLIN \$22

## PALM READING

"The Map of a Palm" will tell us of your basic personality traits. We learn where to find the will, the inner and exterior natures, relationships, children, strengths and weaknesses. You will learn all the lines, the mounts, the ten regions and their meanings. It's fun and very enlightening.  
**#LA43** 2 Thursdays starting Oct. 6  
 7:00pm-9:00pm ROOM 265  
 JULLIN \$30

## PAST LIFE REGRESSION

Are you curious about the possibility of past lives? Come along and participate in an interesting and insightful look into your past lives through hypnotherapy. This is an opportunity for you to explore the existence of past lives; bringing a clearer understanding to present day conditions such as health problems, relationship conflicts, phobias, fears, patterns and beliefs. Includes group past life regressions & post regression discussions.  
**#PE26** 6 Thursdays starting Sept. 29  
 6:30pm-8:30pm ROOM 167  
 JACQUELINE KERR \$80

## ANIMAL COMMUNICATION

Do you ever wonder what your pets are thinking? Now you can learn to communicate in ways they will understand by using your intuition. Practice techniques to access your natural psychic abilities and enjoy a deeper relationship with your pet. Please bring photographs or photocopies of your animals. Please bring a lunch.  
**#PT60** 1 Saturday Oct. 15  
 9:00am-4:00pm ROOM 121  
 DALTON GRADY \$58

# LEISURE / DOG TRAINING / MONEY

## PET FIRST AID

St. John Ambulance Pet First Aid provides life-saving education which encourages safety in emergency situations, preparing students to respond to life threatening emergencies for domestic animals. This course covers procedures dealing with choking, CPR, bone and joint injuries, environmental illness and much more. Please bring a lunch.

#PT89 1 Saturday Oct. 15

9:00am-4:00pm

ROOMS 128

ST. JOHN AMBULANCE

\$52

## BEGINNER DOG TRAINING

Dogs should be 6 months or older.

A beginner's course designed to teach you to train your own dog and understand how dogs learn. This course covers: on leash, heeling, sits, downs, staying, coming when called, as well as basic canine 'good manners'. Please do not bring your dog the first night. Remaining sessions are held outdoors. All dogs must be vaccinated.

Please bring vaccination certificate on information night. Aggressive dogs will be asked to leave the course.

(1 Info night plus 6 Saturdays)

#PT48 6 Saturdays starting Sept. 24

9:00am-10:00am NWSS OUTDOORS

TODD KIER

\$112

**Note: Dog Training Beginner and Level 2 the first session (information night) is held at New Westminster Secondary on**

**Monday, September 19<sup>th</sup> 2011**

**7:00-8:30 pm in Room 182.**

**Please do not bring your dog the first night.**

**Instructor contact: [www.k9assistance.com](http://www.k9assistance.com).**

## BASIC OBEDIENCE: LEVEL 2

Basic Obedience Level 2 is designed to take your skills and those of your dog to the next level. Distraction training is emphasized. The "stay", "focus" and "leave it" commands, as well as walking on a loose lead skills are honed. Level 2 will focus on improving your dog's attention and response time to the commands while working in higher distraction environments. Field trips to local off-leash parks and various New Westminster neighbourhoods will take place to strengthen the recall and honing skills while working on- and off-leash. Teams (person and dog) are expected to have completed a basic obedience course Level 1. Aggressive dogs will be asked to leave the course.

(1 Info night plus 6 Saturdays)

#PT65 6 Saturdays starting Sept. 24

10:15am-11:15am NWSS OUTDOORS

TODD KIER

\$112

## GROOM YOUR DOG AT HOME



Save money by learning how to groom your dog at home. In this basic dog grooming course you will be shown the best tips and tricks to grooming your dog at home and maintaining their coat between groomings. This course is taught by Certified Master Groomer Tera Teng, who operates her own grooming school, online training program, has written a book on the grooming business and has trained over 120 groomers. Included is a handout of your specific-to-breed cut.

#PT53 1 Monday Nov. 7

6:30pm - 9:30 pm

ROOM 163

TERA TENG

\$52

## ANIMAL MASSAGE AND ENERGY WORK



Animal Massage Practitioner, Daynna Major brings you a fun, interactive informational presentation that tells the things you should know about Animal Massage and Energy Work. She will join you, along with demo dog Willow to explain about the benefits of Animal Massage, Therapeutic Touch and other Energy Work modalities. See first hand a sample of what Animal Massage looks like. PLEASE DO NOT BRING YOUR PET.

#PT92 1 Saturday Oct. 15

11:00am-1:00pm

ROOM 163

DAYNNA MAJOR

\$27

# MONEY MATTERS

## BUILDING YOUR RETIREMENT PAY CHEQUE

For years you have been working and receiving a pay cheque. How are you going to carry on when your pay cheque stops? How much money are you going to need to live the same lifestyle in retirement as you have now? This course will teach you what you need to do in order to avoid taking a pay cut in retirement. We will review what the government will contribute, Canada Pension Plan (CPP), Old Age Security (OAS), RRSP's and what happens when you retire. We'll discuss how you can use the new Tax Free Savings Account (TFSA) and how the TFSA compares to the RRSP. This course is ideal for those who are within 15 years of retirement or for anyone who has retirement as their main financial goal.

#MM22 1 Wednesday Sept. 28

7:00pm-9:00pm

ROOM 123

MICHAEL PRETO

\$28

## KEEPING THE FAMILY COTTAGE IN THE FAMILY

If you have a cottage in your family, it is time to look at the tax consequences! With the rise in property values in B.C. and across Canada most people are unaware of the Capital Gains cost on these properties. Ultimately, this might mean that the much-loved family cottage will have to be sold, as the taxes may be unaffordable for your heirs. This course is a must for anyone owning recreation property.

#MM15 1 Monday Sept. 26

7:00pm-9:00pm

ROOM 149

MICHAEL PRETO

\$28

*The following classes presented by Nick Cheng, of Edward Jones, Member - Canadian Investor Protection Fund. Edward Jones, its employees and Edward Jones advisors are not estate planners and cannot provide tax or legal advice.*

## ESTATE PLANNING: BUILDING YOUR LEGACY

Join us to hear a fresh perspective on strategies to consider for preserving everything you've worked hard to build. At our Estate Planning - Building Your Legacy class, you will learn: -- The value of having an estate plan - beyond a simple will -- Four key building blocks for an effective estate plan -- What to consider when creating or updating your estate plan This seminar is informational only. You should consult a qualified tax specialist or lawyer for professional advice regarding your situation.

#MM84 1 Monday October 3

7:00pm-9:00pm

ROOM 121

NICK CHENG

\$28

## FOUNDATIONS OF INVESTING

Investing 101: Building your investor IQ starts with understanding the basics. Don't let fear of the unknown prevent you from investing in your future. Getting started can be easier than you think if you understand the basics. Whether you are new to investing or need a refresher, join us to learn more about the key features of bonds, stocks and mutual funds, the importance of asset allocation and five steps to help you build a better investment strategy. This seminar is informational only. You should consult a qualified tax specialist or lawyer for professional advice regarding your situation.

#MM94 1 Monday October 17

7:00pm-9:00pm

ROOM 121

NICK CHENG

\$28



# FIVE WAYS TO REGISTER



## ON-LINE

You may now register ON-LINE

**www.ce40.ca**

with **VISA** or **MASTERCARD**

OR **WALK-IN**  
**CONTINUING EDUCATION**  
New Westminster Secondary  
835 Eighth Street,  
New Westminster, B.C. V3M 3S9

Pre-registration is advised but registrations are accepted the first night of the course if space is available.



## PHONE-IN

You may phone in your registration by using

**VISA** or **MASTERCARD**

Have credit card number and expiration date ready when you call.

**CONTINUING EDUCATION OFFICE**

**604-517-6345**

Your receipt will be issued by your instructor at the first class.



## MAIL-IN

Simply complete the registration form and enclose cheque payable to:

**NEW WESTMINSTER SCHOOL BOARD**

and mail with completed registration form(s) to:  
**Continuing Education**  
835 Eighth Street  
New Westminster, B.C.  
V3M 3S9

Your receipt will be issued by your instructor at the first class.



## FAX-IN

Please complete the registration form with your **VISA** or **MASTERCARD** number printed clearly on the form.

**Please FAX to:**  
**CONTINUING EDUCATION OFFICE**

**604-517-6302**

Your receipt will be issued by your instructor at the first class.

**ALL CLASSES, EXCEPT WHERE INDICATED, ARE HELD AT NEW WESTMINSTER SECONDARY SCHOOL.**



## OFFICE HOURS

**Registration starts: Tuesday, September 6<sup>th</sup> 2011**  
ongoing Monday - Thursday  
9:00 a.m. - 4:00 p.m. & 6:30 p.m. - 8:00 p.m.  
Friday 9:00 a.m. - 3:30 p.m.

## WITHDRAWALS, REFUNDS and COURSE CANCELLATIONS

**REFUNDS ARE SUBJECT TO AN ADMINISTRATIVE CHARGE OF \$10.** Refunds must be requested in writing **before the second class commences. Sorry NO credits.** Requests for refunds must state reasons and be accompanied by your original receipt. **For one and two session classes, refunds must be requested two days before the start date of the class.** Please allow three weeks for processing any refunds. Fee payments made by charge card are refunded by means of a credit to your account. **All other refunds are made by cheque.**

Continuing Education reserves the right to cancel courses due to unavailability of instructors, facilities or insufficient enrollment. Each course has a minimum enrollment requirement and is subject to cancellation if this number is not met. Register early to avoid disappointment. Should Continuing Education cancel a class, every effort is made to contact all the students enrolled. Students from a cancelled class, who wish to transfer to another class may do so at this time or receive a FULL refund.

**Our night school classes are offered to adult learners 16 years of age or older.** Classes allowing younger learners are indicated in the course description. HST included when applicable.  
**Open parking is available in the evening in front of the school.**

## REGISTRATION FORM

Use form for Mail-In or Fax-In

Last Name

First Name

Address

City

Postal Code

Home Phone

Cell or Work Phone

**Note:** We do not mail out confirmations. Mark dates on your calendar.  
Please phone to confirm at 604-517-6345.

COURSE #	COURSE NAME	FEE
TOTAL \$		

☐ Cheque ☐ Visa ☐ Mastercard

Card #

Expiry

Name on the card